

Where We Live

A publication from the City of Hurst



Winter
2011
*Recreation
Class
Schedule*

**Community Powered
Revitalization
Helping Our Neighbors**

**Community
Shop First
in Hurst**

**Library
Expansion
Updates**

Daddy & Daughter Valentine's Ball

Sunday, Feb. 13



**Hurst, Tx
February, 2010**

Photo by Treasa Ward

Welcome to the twelfth issue of...

Where We Live

Welcome to the twelfth issue of Where We Live. As we close out the first decade of the not-so-new anymore millennium I am amazed at all of the positive things that have happened in the City of Hurst over the years. Our city is nearing its sixtieth birthday and while other cities "our age" are facing difficulty in maintaining infrastructure, programs and services, our city continues to get creative with our resources and do more with less. We've been fortunate throughout our city's history to have progressive and fiscally conservative leaders who have positioned our city to weather almost any storm. And we have certainly faced some difficult times, particularly throughout the last decade. I am happy to report that we are emerging from those difficult times, a little bruised, but we are stronger and ultimately better for it. I'm optimistic about what this new decade holds in store for our city and excited to watch it unfold.

You can start the decade off right by signing up for one of our many popular classes at the Recreation Center or joining one of our basketball leagues. In this issue we invite you to read about where your tax dollars are going, why shopping "First in Hurst" is important, how we're partnering with Euless and Bedford to revitalize our community and how you can get involved in your city through volunteering. Just to name a few.

As we enter into this new and exciting decade, we will continue to remain fiscally conservative while bringing you the same programs and events you love. I am optimistic that we will maintain the quality services that the City of Hurst is known for. Now take a moment, sit back and enjoy your twelfth issue of Where We Live.

— Mayor Richard Ward

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Hurst City Council

Back Row: Larry Kitchens—Mayor Pro Tem, Henry Wilson—Council Member, Bill McLendon—Council Member, Charles Swearengen—Council Member
Front Row: Nancy Welton—Council Member, Richard Ward—Mayor, Anna Holzer—Council Member



Spinach and Artichoke Dip

- Kosher salt
- 1 10-ounce bag baby spinach
- 1 cup packed fresh basil
- 3/4 cup canned cannellini beans, drained and rinsed
- 6 ounces Neufchatel cream cheese
- 1 clove garlic, smashed
- 1/2 cup low-sodium chicken broth
- 1 14-ounce can artichoke hearts, drained, squeezed dry and finely chopped
- 1/4 cup grated parmesan cheese
- 3/4 cup shredded low-fat mozzarella cheese
- Pinch of cayenne pepper
- 2 or 3 dashes Worcestershire sauce
- Freshly ground black pepper
- Cooking spray
- Baked chips, for serving

Directions:

Preheat the oven to 450 degrees. Bring a pot of salted water to a boil and prepare a bowl of ice water. Stir the spinach and basil into the boiling water and cook until bright green, about 30 seconds. Remove with a slotted spoon and immediately plunge in the ice water. Drain and squeeze dry, then roughly chop.

Puree the beans, cream cheese, garlic and chicken broth in a food processor until smooth, scraping the sides as needed. Transfer to a medium bowl and fold in the spinach and basil, artichokes, parmesan and 1/2 cup mozzarella. Add the cayenne, Worcestershire sauce, 1/2 teaspoon salt, and black pepper to taste.

Mist a deep 1-quart casserole dish with cooking spray. Spread the dip mixture in the dish and top with the remaining 1/4 cup mozzarella. Bake until golden and bubbly, 20 to 25 minutes. Serve warm with baked chips.

Per serving (1/4 cup): Calories 100; Fat 5 g; Sodium 338 mg; Carbohydrate 7 g; Fiber 2 g; Protein 6 g

City Staff

Allan Weegar—City Manager

Allan Heindel—Deputy City Manager

Jeff Jones—Assistant City Manager

John Brown—Fire Chief

Rita Frick—City Secretary

Ron Haynes—Director of Public Works

Steve Moore—Police Chief

Dale Harwell—Information Services Manager

Mike Morgan—Director of Planning and Community Development

Clay Caruthers—Director of Finance

Steve Bowden—Director of Economic Development

Ashleigh Whiteman—Communications Manager



Healthy Holiday Parties

Winter means that we are all enjoying some special holiday events with friends and family. This typically involves food too and we can sometimes leave our best intentions behind. Here are some simple strategies to help you follow your best intentions and still enjoy the party! Be sure to check out the tasty recipe in this issue too!

- Choose healthier versions of your favorite party foods- Baked chips, fresh salsa, light queso dip, veggie & fruit trays, leaner meat selections or whole grain crackers and breads boost your health and lower your waist-line.
- Cut down on mindless munching by putting the food in another room away from where you are. It's a lot harder to over-eat when the snacks aren't in front of you. This helps you portion control and still enjoy the tasty snacks.
- Make your own healthier party food instead of buying pre-made foods! This saves your waist line and your pocket book.
- Save up for a splurge. If you know a special event or party is coming, eat light and healthy for the day or week ahead of time so you have some reserve calories to use. This allows you to enjoy the delicious treats without blowing your calorie budget.
- Know you are going to enjoy a large meal with friends or family? How about planning a physical activity to enjoy together afterwards! You could go for a walk after Christmas dinner or play a little football before you watch the big game.

Emergencies require drivers to respond

When you are driving about the streets of Hurst, occasionally you will find your path intersecting with that of an emergency vehicle. If that vehicle has all the warning lights and sirens activated, what should you do? Preferably, and only if safe, you should move to the right and stop to give the emergency vehicle the left lane. If you cannot safely move to the right, it is best that you come to a safe, slow stop in your lane of travel. Once you are stopped and the emergency vehicle is moving past you, stay stopped until the emergency vehicle has passed. Then proceed cautiously to avoid other traffic and to make sure that there are not other emergency vehicles moving past your position.

If you find yourself at an intersection and the emergency vehicle is “stuck” behind you with their lights and sirens activated, they are not just trying to “move” you. The lights and sirens are to alert the other lanes of traffic of the need to allow you and the emergency vehicle to pass through the intersection. In this instance, you should never move unless all lanes of traffic have stopped. Typically the emergency vehicle will avoid getting stuck behind cars in a traffic lane, but when traffic is backed up in both directions, the situation is difficult to avoid.

On a freeway with traffic moving at posted speed limits, drivers should move to the right to allow emergency vehicles to pass, you are not expected to stop (this would be dangerous). During a response on a freeway and if the traffic is moving at the posted speed, the emergency



vehicle may turn off the emergency warning systems as they enter the roadway to not cause any issues with right of way. Our goal is to get to the scene safely, work safely at the scene and then open up the traffic lanes as soon as safely possible. As the driver of the vehicle please, concentrate on the road ahead, not on the accident scene.

So please remember...if possible, pull to the right when being passed by an emergency vehicle responding to a call. When approaching an accident scene, slow to a safe speed to pass the incident. And that we don't drive “fast” to the scene to improve our response time, instead we use preemption systems and are ready to respond to at a moment's notice.



On the cover...



Cover shot by the Burns family

We decided to shake things up a bit for the second anniversary of our fair city magazine. We put a call out to residents via our facebook page, www.facebook.com/CityOfHurstTX, for our next cover photo and boy did they deliver! We loved all of the photos submitted and had a difficult time choosing. In the end, the Burns family won with their submission of little Camdynn playing in the leaves. Austin and Jaime Burns recently moved to Hurst from another mid cities town and are already “in love” with the services and quality of life here in Hurst. Austin, otherwise known as dad, is a Vice President of a large hotel chain and Jaime, otherwise known as mom, stays at home and is a Tupperware consultant (www.my.tupperware.com/jaimieburns). The Burns have two boys, Heston (age 4) and Camdynn (age 2). The boys love their classes at the Hurst Recreation Center and being involved at their church. The Burns are a “traditional” family who love to cook at home, play games, read, study and watch movies. They also love to travel, but love calling Hurst home! We feel the same way Burns family. Welcome to Hurst and welcome home!

Don't be a holiday victim

This holiday season, don't let the spirit of giving lull you into giving burglars, muggers or pickpockets a better chance to do their dirty work. Crooks love the holidays as much as everyone else, but chiefly because it's an opportune time for crime.

Traveling?

- Get an automatic timer for your lights.
- Ask a neighbor to watch your home.
- Don't forget to have mail and newspaper delivery stopped. If it piles up, it's a sure sign you're gone.

Out for the evening?

- Turn on lights and a radio or TV so it looks like someone's home.
- Be extra cautious about locking doors and windows when you leave, even if it's just for a few minutes.
- Don't display gifts where they can be seen from outside.

Shopping?

- Stay alert and don't allow yourself to become distracted
- Stay off your cell phone.
- Park in a well lighted area.
- Lock your vehicle doors.
- If you have an alarm, use it.
- If possible, return to your vehicle in groups.
- When returning to your vehicle, have your keys out and ready.
- Check the front and back floor areas of your vehicle before entering.
- If you have packages stored in your vehicle, make sure they are hidden.

- If you see anything suspicious, CALL 9-1-1 or return to the store and call for security.
- Shopping with kids? Teach them to go to a store clerk or security guard if you get separated.

Tips for on-line shopping

The holidays are a time for giving, sharing, cheer and fun. Unfortunately if you let down your safety guard, you could become a victim of crime. Here are some tips to make the upcoming shopping season safe and happy.

- Shop with known, reputable firms.
- Confirm phone numbers and addresses so you have another way to contact the company should something go wrong.
- Provide personal information sparingly. Online vendors do not need your Social Security number or driver's license number.
- Only use secure servers. Look for the unbroken key or padlock at the bottom of the browser window.
- Make sure you understand all shipping charges, taxes and delivery dates.
- Schedule deliveries when you will be home, arrange for deliveries to your business or set up a time that you can pick up the package from the delivery service.
- When making on-line purchases, use a credit card, not your debit card. If the wrong person gets your debit card information, your bank account could be depleted – protection plans are offered with the credit cards.

Courtesy of
Hurst Police Department
Community Services Division
817.788.7342





Conference Center *Update*

The Hurst Conference Center opened in September as the only facility of its kind in Northeast Tarrant County. We've experienced a successful first season of bookings and are looking forward to the new year and some fantastic events. Most importantly, thousands of visitors have visited the Hurst Conference Center over the last few months and we couldn't be prouder to show off our new facility and our city. We hope you will consider booking your next event at the Hurst Conference Center soon and we invite you to see the unique features and breathtaking architecture for yourself. Follow the Hurst Conference Center on facebook or visit their website at www.hurstcc.com for information on upcoming tours and events.

Transforming
HURST
THE OPPORTUNITIES ARE BUILDING

Hurst Public Library

901 Precinct Line Road

Phone: 817.788.7300



Read All About It!

Faces of history come to Hurst Public Library



For many years a 20 inch high figure of Thomas Jefferson created by noted American sculptor Tom Clark stood on a table in the Library's Reading Alcove in a glass box. Recently, this limited edition piece was joined by eight other historical figures created by Tom Clark. All of these numbered limited edition pieces were gifted to the Library by Major Aaron and Dr. Mary Pat Webb

of Hurst. Now residing in the Historical Gallery along with Thomas Jefferson, visitors can be inspired by the gaze of President George Washington, President Abraham Lincoln, author Mark Twain, African-American musician "Melodious," President Andrew Jackson, President Harry Truman, Sir Winston Churchill, and photographer Matthew Brady.

Hurst Public Library
*The place to go
when you need to know!*

Adult Programs

Brown Bag Book Club

First Thursday of the month
Noon

Bring your lunch and join us for book discussions by the fireplace in the Library Reading Alcove with drinks and comfy chairs provided.

January 6

The Girl with the Dragon Tattoo

by Stieg Larsson

February 3

Freedom by Jonathan Franzen

Masterworks at the Library

Evening Performances

January 27

February 24

7:00 PM

Open to the public, the MasterWorks Music Series is funded by a grant from the City of Hurst Hotel/Motel Tax Fund in cooperation with Arts Council Northeast.

In spite of continuing construction there will still be music in the Library the fourth Thursday of the month. Don't miss Masterworks Evening Concerts at Hurst Public Library!

Totally Teen

Anime Club

Thursday, January 6

Thursday, February 3

6:00-8:00 PM

If you enjoy anime—watching it and talking about it—this is the place for you! Add snacks and other teens that love anime, too, just for fun!

Teen Pulse Game Night

Thursday, January 13

Thursday, February 10

6:30-8:00 PM

Wii want you to be a (Guitar) Hero and Dance Dance (Revolution) for an hour. Take a short break from homework and get in the game!

Teen Talk

7th-12th Graders

Second Tuesday of the month

7:00-8:00 PM

Can't wait to share your thoughts on some popular books? Here's a place to do it!

January 11

I.Q.: Independence Hall by Roland Smith

February 8

The Warrior Heir by Cinda Williams Chima

Kid Stuff

Chapter Chats

4th-6th Graders

6:00-6:45 PM

Do you enjoy talking about books? Here's your chance! Share your views with other kids who have read what you have!

Interested parents are welcome too.

January 11

Magyk by Angie Sage

February 8

Frindle by Andrew Clements

Puppet People

4th-8th Graders

Wednesday, January 18

Wednesday, February 16

11:00 AM

Calling Puppet People—old and new! Would you like to try your hand—or two—at puppetry? Now's your chance! We'll be working on shows for kids this summer. Call 817-788-7302 to register.

Family Friendly

Family Nights

All ages welcome

7:00 PM

Thursday, January 20

Snuggle in for a Family Storytime with a winter theme. Popcorn will be served and take home some hot chocolate for later!

Thursday, February 17

Chinese New Year Make and Take! Learn about the Chinese New Year and make a Parade Dragon Puppet to take home.

Friday After School Movies

All ages welcome

Second Friday of the month

4:00 PM

Free movie and popcorn for the whole family.

Visit the Library Online

www.hurst.lib.tx.us

View the iBistro catalog

Place items on hold

View your own record

Renew materials online

Home access to over 60 databases for research

Download eAudiobooks

Youth Programs

Ongoing Activities

Toddler Time

Ages 1-3 years

Mondays and Thursdays

10:00-10:30 AM

Story Time

Ages 3-6 years

Tuesdays and Wednesdays

10:45-11:15 AM

Chess Club

For elementary ages and up

Mondays

4:00-5:00 PM



Dream Wheels roll in to Hurst Library

Hurst artist J. Lynn Kelly received an Individual Artist Grant from the Arts Council Northeast in cooperation with the City of Hurst for the creation of two custom designed Dream Wheels to be installed at the Hurst Public Library.

Visit the Library and meet the artist when the pieces are unveiled January 13. Other works by Mr. Kelly will be on display as well in the Historical Gallery.

Join us January 13 at 7:00 PM for refreshments as we celebrate this new addition to the permanent collection of art at the Library.



See What's New in Youth Services

The Friends of Hurst Library received a grant from the Praxair Foundation through its Library Links initiative to purchase four new AWE Early Literacy Workstations. These specialized computers have great activities for kids from preschool through mid elementary age.

Library construction updates

As construction continues, you can follow the progress online at www.hurst.lib.tx.us

More Library, More Inspiration!



Library Expansion Update

As AUI Contractors work through the four phases of the 10,174 square foot expansion of Hurst Public Library begun last March, visitors have seen the progress from the pouring of foundations to the rising of steel and masonry. The first phase of construction completed for patron access was a small program room adjacent to the Youth Services Department. This room, topped

with one of the two new architectural towers, includes a small built in puppet stage.

During the project, authorized by voters in 2005, the temporary entrance corridor remains in place and ongoing programs relocate within the building as each area is remodeled. Completion is anticipated for spring 2011 when the Library will in-

troduce an array of new spaces, features, and services. Outdoor book returns are still available at the northwest corner of the building.

For an inside look, visit www.hurst.lib.tx.us and click on the Library Expansion page banner...no hard hat required for this virtual tour!



Volunteer opportunities

Are you interested in giving back to your community? Do you like civil service, books or mentoring? The City of Hurst's Volunteers-In-Action program offers just that and much more. Current volunteer opportunities include:

- Library — Shelving Assistant
- Library — Chess Practice Mentor
- Patrol — Citizens On Patrol (Must be a graduate of Hurst Citizen Police Academy)
- Fire — Radio Amateur Civil Emergency Service (RACES)

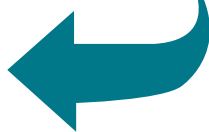
New volunteer opportunities become available from time to time, so please contact the Community Services Department at 817.788.7305 for more information. Volunteer application packets can be picked up at the Community Services office in the Hurst Public Library or accessed through the City's web site at www.ci.hurst.tx.us.

Remember, Hurst's volunteers never go unnoticed. The City recognizes the impact that each volunteer makes and awards full-time and special projects volunteers that have reached various levels of hours contributed.

We are always looking for service oriented volunteers. We hope to see you soon!



What's this?



*Check out
[www.facebook.com/
CityOfHurstTX](http://www.facebook.com/CityOfHurstTX)
to find out!*



Want to Get involved?

The City of Hurst is always looking for new volunteers. If you are interested in joining the VIA program, please contact the Community Services Department at 817.788.7305. Volunteer applications can be picked up at the Community Services' office in the Hurst Public Library or accessed online through the City's Web site at www.ci.hurst.tx.us.



Community Powered Revitalization

We've been reaching out to our citizen's in need for more than a decade through our Employee Giving Day Program. This year we're kicking things up a notch and joined forces with the cities of Euless and Bedford and 6Stones Mission Network to help revitalize more than 20 homes in HEB. The revitalization initiative dubbed Community Powered Revitalization, or CPR, kicked off in the City of Hurst with a fall blitz on Oct. 22-23.

The new CPR program renovated twenty homes in the cities of HEB with more than 800 volunteers from non-profits, churches,

schools and private citizens. Work included painting, tree trimming, debris removal, light construction, plumbing and electrical repairs.

This is the first multi-jurisdictional event that focused on what was best for the HEB area as a community. The goal is to help struggling families with some much needed home repairs and help maintain the integrity of our neighborhoods. Want to get involved this spring or know someone in need? Call 817.788.7055 for information.



Water Conservation Public Outreach

The Public Works and Community Services Departments conducted a Water Conservation Public Outreach from June 1, 2010 through September 30, 2010.

City personnel monitored residents and businesses landscape irrigation during week days as well as the weekends in accordance with Ordinance # 1988 that restricts landscape irrigation between 10 a.m. and 6 p.m. In addition to the time restriction from June to September the ordinance includes year round re-

strictions for irrigating during rain and freeze events and over-irrigating that wastes water by allowing it to run onto impervious surfaces such as street and parking lot pavements. During this year's public outreach, City staff issued a total of 167 first time violation notices, seven second-time violation notices and one third-time violation notice. Although the ordinance allows citations to be issued for every offense; the City began with an educational public outreach instead of issuing citations this spring and summer.

School Zone Warning System Implemented

Public Works has a new paging service that will control our school zone warning lights.

With this system we will be able to do all the same programming features such as: controlling up to 990 locations and program up to 20 different plans. The system can be set up at the beginning of the school year to incorporate vacations, holidays, and early release days for the entire school year. The system has the ability to override any daily plan for inclement weather, special holidays,

etc. We can manually control each location from the computer for troubleshooting purposes. The computer will update the internal clocks weekly to ensure the proper time is being kept and the warning lights are flashing at the right time.

This wireless radio system is the best option to control our school zone warning lights and provide the main benefit of children and adult pedestrian safety at our school crossings.



**Shop!
Play!
Win!**

Anyone can sign up to play with ONLY four simple steps:

- 1) Log on to **ShopPlayWinHurst.com**
- 2) Sign up to win Daily, Weekly, Monthly and Grand Prizes
- 3) Browse the participating businesses
- 4) Log on daily for new offers and information

We're combining some of your favorite things this season at the City of Hurst. Shopping. Playing. And of course, winning. We recently launched a shop local incentive, Shop! Play! Win! and we hope you've already signed up, but just in case this is the first you've heard about it, here's the scoop: Shopping local has always been a vital component to keeping the local economy strong and it's now more important than ever. Through our initiative we hope to encourage and educate shoppers on the benefits of visiting, shopping and doing business in Hurst.

ShopPlayWinHurst.com is your online resource to know where to shop for the best in value, savings and services in Hurst. As a

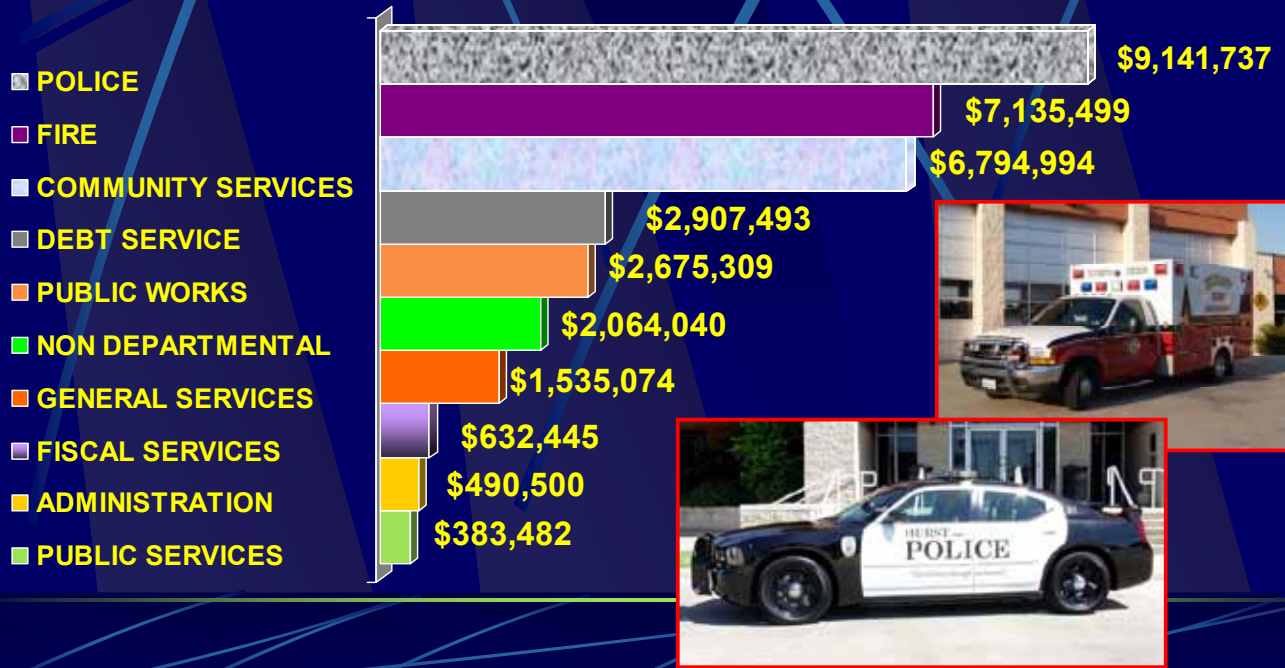
player of Shop! Play! Win!, you will receive updates on new coupons and business specials and the opportunity to WIN weekly, monthly and GRAND Prizes from your favorite Hurst businesses.

Shop! Play! Win! is a website driven promotion, but you don't have to be computer savvy to play. One phone call and you can be registered to win. Winners will be contacted directly and posted on the website.

For more information call 817.479.6087 or e-mail info@ShopPlayWinHurst.com

General Fund

“WHERE THE MONEY GOES”



Where your tax dollars go

As the City of Hurst continues to experience the negative impacts of the economic downturn, the City Council and Staff continue to take proactive measures to position the City to address the detrimental effects of the economic conditions, and to protect the great “Quality of Life” in Hurst.

To put it frankly, the budget process this year was very difficult. The adopted budget for the 2010/11 Fiscal Year presented several challenges. Overall revenues were down by 1.2 percent.

The biggest revenue decreases were in sales tax collections (down 3 percent), property values (down 6 percent) and other revenues (down 2.9 percent). This year the City experienced the largest

property value decrease since the early 1980s. Hurst was one of a dozen Tarrant County cities that experienced a decrease of 6 percent or greater. The main factor attributing to this decrease is that the City is maturing and is more than 98 percent developed.

The City experienced very little new growth this past year because of the lack of available vacant land to develop and the effects of Federal Monetary Policy on new development loans.

With little room to grow, it is incumbent upon city leaders to position the City for redevelopment opportunities, and this perspective has been evident in the “Transforming Hurst” Redevelopment Program that has been underway for the

past three years. This program has, and will continue to provide redevelopment opportunities for private sector development well into the future.

In order to balance the 2010/11 budget, the proposed budget was decreased by 1.2 percent on top of a 1.04 percent decrease for the 2009/10 budget. The only way to bridge the gap between much lower revenues and decreased expenditures was to raise the tax rate by 4.3 cents, or slightly below the Effective Tax Rate (the same amount of tax revenue brought in the previous year). The impact to the average homeowner in Hurst will be about a \$2 a month increase, or as much as one may spend on a soft drink.

Many property owners may experience a

smaller decrease or no tax increase at all, depending on the value of their property. Senior Citizens will not see an increase above their tax bill's frozen rate because of the Senior Tax Freeze that was implemented in 2004.

All residents will continue to receive the 20% homestead exemption. The City of Hurst has been very fortunate to be able to lower the tax rate over time to Hurst taxpayers. The tax rate has not been increased for operations since 1992, and during that time the rate decreased 10.7 cents for operations and increased 3.6 cents for voter approved debt. The rate increase allowed the City to maintain its quality Police and Fire Public Safety Services, along with services and programs at the Library, Recreation Center, Pools, and Senior Center that Hurst is known for across the DFW area.

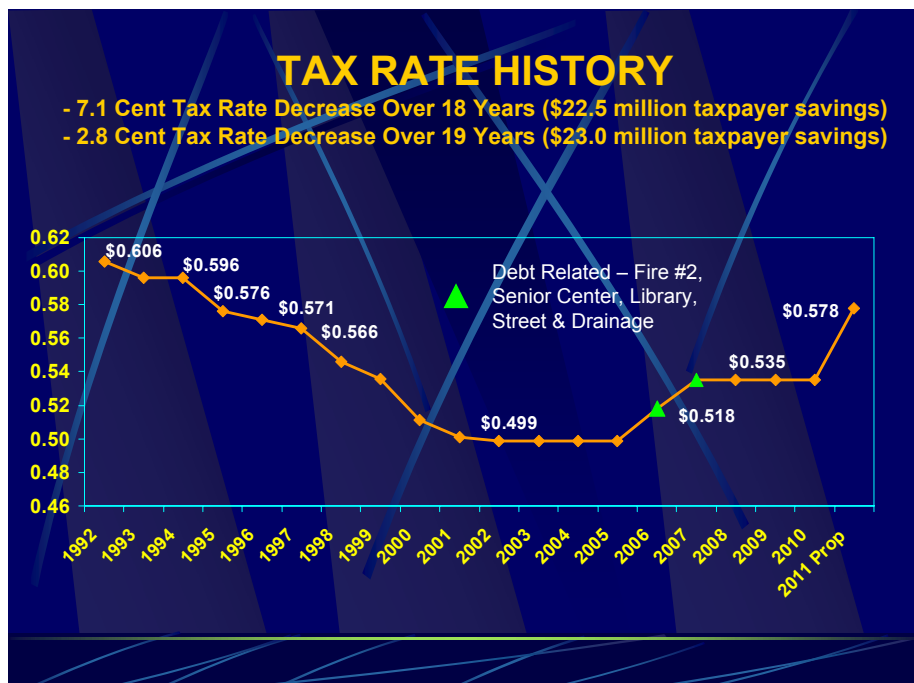
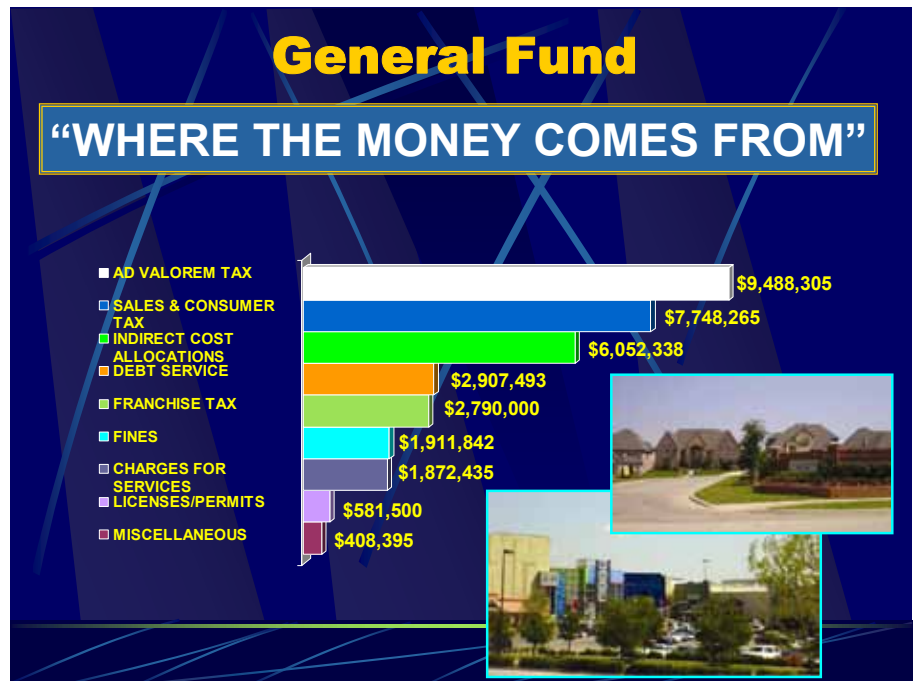
Even with the budget cuts, no service levels have been impacted, and Hurst Citizens will continue to experience all of the services and programs that they have come to love and expect.

The Transforming Hurst Program has been moving ahead with the completion of several new facilities including the new Fire Station #2 and Senior Center at Heritage Park. Pipeline Road Phase I reconstruction west of Precinct Line Road has assisted in providing a safer and more aesthetic driving experience along this well traveled thoroughfare.

The Library expansion project will be completed in April of 2011 and will allow citizens in Hurst and the area access to expanded meeting and library services. Precinct Line Road expansion and widening, and the new City of Hurst Conference Center Project in Town Center were completed this summer.

The Conference Center is a stand-alone project that is funded through rentals of the facility, and is not subsidized at all through General Fund Revenues. The tax rate is not impacted by its operations.

There are still several projects that are underway or are in the planning process, including; street upgrades on Bellaire Drive, Street and



drainage maintenance across the City that will address aging infrastructure, Neighborhood Redevelopment and Revitalization through the CPR (Community Powered Revitalization) Program and the future redevelopment planning of the Bellaire Area.

The City cannot stand idly by and be passed up by other communities that are in newer developing areas.

The City of Hurst must remain competitive, focused on attracting new and expanded business and making sure that business and homeowner retention is a priority. If Hurst continues with this strategy Hurst will continue to provide a Quality of Life City that we all can be proud of.

***Deadline
March 1,
2011***

Joe Watson Scholarship Fund

The Joe Watson Scholarship Fund, a component fund of the Community Foundation of North Texas, may award one or more scholarships for a minimum of \$2,000 each year to a graduating senior who is a resident of the City of Hurst or a current participant in the HEBISD Criminal Justice Program or a child of a City of Hurst police officer. Students who are awarded the scholarship may re-apply in each of the three succeeding years for an additional scholarship of \$2,000 per year if they meet the re-application criteria.

Complete eligibility requirements for the scholarship and an application form can be found at www.ci.hurst.tx.us or by contacting 817.788.7013.



Staying sewer savvy saves drainage woes

Please avoid pouring fats, oil, grease or food scraps into your sink or toilet. These materials are generated during food preparation and do not mix well with water. These materials can also build up and block your sewer pipe coming from your home causing sewer overflows inside your home, and can even clog the city sewer mains causing spills into our streets and streams. Here is a tip on how to dispose of F.O.G:

1. The most important thing is to NOT pour the grease, fat, or oil down the drain!

Sure, you think your garbage disposal can handle it. And yes, it is a liquid. But these oils can build up along your pipes and eventually cause clogs that can be hard to get rid of. Fats are the most notorious for this because they are sticky and solidify into a gooey mess when cool.

2. Take a cardboard milk carton, or even a plastic one, and cut off the top portion of it so that the opening is wide enough for you to easily pour grease and oil into it without spilling. For those disposable

fastfood cups, just take the lid off and you're good to go. If the grease or oil is in liquid form, simply pour it into your carton or cup. Carefully dispose of the carton with the grease or oil with the rest of your trash/garbage. If the fat has solidified, scrape it off of your pan/pot straight into your garbage can. You can scrape it into a container if that makes you feel better.

For more information on disposing of fats, oils and greases please call Environmental Services at 817.788.7217 or 817.788.7237.



Senior Center Hours

Open 5 days a week
Monday-Wednesday, 8:00 AM-5:00 PM
Thursday, 8:00 AM-9:00 PM
Friday, 8:00 AM-5:00 PM

Hurst Senior Center

Membership information

The new Hurst Senior Citizens Activities Center is open to Seniors only, ages 55 and over.

- Membership is required in order to attend and participate in the Senior Center. (Occasionally, we will offer special programs that are open to the general public.)
- Membership begins the day you register and pay, and ends one year from that date. For example, if you register and pay for your membership on February 1, your membership will expire on January 31 of the following year.
- Fees for the new Senior Center are as follows:
 - Hurst Residents - \$20 per membership year. (Equivalent of about \$1.67 per month)
 - Non-Residents - \$80 per membership year. (Equivalent of about \$6.67 per month)
- These fees include many free classes, programs, and activities at the Senior Center, and also include membership in our state-of-the-art Fitness Room.
- Some classes, programs, and activities may require additional fees to cover the cost of supplies, refreshments, and/or instructor fees.

Senior Pipeline

Pick up a copy of *The Senior Pipeline*, the monthly newsletter, for more information on Senior Center programs and activities.

Senior Center News

Family fitness highlighted at senior center

Mother and son, Laurie and Sam Bezner, first began attending the Hurst Senior Citizens Activities Center in December 2009. Laurie works out in our fitness center 3-4 times a week and Sam works out 5 days a week.

Laurie Bezner has lost over 50 pounds. She says that her arthritis has greatly improved. Additionally, before she started working out, she had a difficult time just walking across the room without coughing severely due to her

asthma. She can now work out for up to an hour and has fewer and less severe asthma attacks!

Sam Bezner, Laurie's 58 year old son, has lost 30 pounds and 4 inches in his waist. In addition to working out at the Senior Center 5 days a week, Sam has changed his eating habits significantly. He has given up the fast food he used to eat daily. He now eats a lot more fresh fruits and vegetables, lean meats such as chicken and fish, and watches his

portion sizes. When Sam is not working out, you can find him in our Café trading workout regimens and healthy eating tips with other members.

Both Laurie and Sam credit the Fitness Room at the Hurst Senior Citizens Activities Center with helping them make major lifestyle changes. So if you are in need of some motivation, Laurie and Sam are living proof that fitness (at any age) can change your life in more ways than one!



Hurst Senior Citizen's Activities Center celebrates first anniversary

It's hard to believe we celebrated our first anniversary on November 9! The first year absolutely flew by, but you know what they say...time flies when you're having FUN!

And what fun we have had! After just a year, we have more than 2,500 members who visited the Senior Center more than 39,000 times!

If you signed up before January 31, 2010, you are a "Charter Member" of the Hurst Senior Citizens Activities Center. Not only does this mean that you are one of our original members, but it also means that your membership will expire on January 31, 2011.

Just as a reminder, membership fees to the Senior Center are as follows:

Hurst Resident - \$20 per year (less than \$1.67 per month)

Non-Resident - \$80 per year (less than \$6.67 per month)

And as a special "Thank You", renew your membership before February 28 and get a FREE insulated cooler!

We had a busy fall with lots of classes, programs, and special events, including the following:

- Halloween Party/Dance with a Costume Contest and a live DJ

- Thanksgiving Dessert Buffet
- Holiday Craft Classes
- New Fitness Classes
- Veteran's Dance

Some of our most attended programs have been – Zumba Gold, Line Dancing, Tai Chi, Movie & Munchies, Thursday Night Dances, Ceramics, Knot-A-Lot, Bridge, Pinochle and 42. We'd love to hear what your favorite stories are! Let us know

We hope you had a great first year at the Hurst Senior Citizens Activities Center and there is so much more to come! If you haven't stopped by yet, come join us!





Hurst Recreation Center

With the start of 2011 upon us, have you resolved to start working out, or increase your level of fitness? If so, the Hurst Recreation Center is the place for you.

The Hurst Recreation Center has a state-of-the-art Fitness Center, and an indoor Jogging/Walking Track for you to use to meet your New Year's fitness resolutions. Our Cardio Room has treadmills, elliptical crosstrainers, bikes, stairclimbers, rowing machines, and seated crosstrainers. All of our treadmills and elliptical crosstrainers now have 15" LCD screens, which enable you to watch television, or use your iPod while working out. There is also an extensive selection of pin-selectorized, and plate-loaded strength equipment, as well as dumbbells, and flexibility equipment to round-out your total fitness program. There are numerous fitness classes (aerobics, spinning, cardio mix, etc.) that will get you into shape.

Do you have a group of friends that enjoys playing basketball? Get a team together and play in the Hurst Recreation Center's Adult Basketball League. While you are at the Recreation Center, you can also enjoy a variety of recreational activities. You can shoot some hoops, enjoy some volleyball with your friends, play racquetball, walleyball or table tennis. Equipment used to participate in these activities is available for check out, with your "Quality of Life" Rec Card, at the front desk of the Recreation Center.

If you need a little extra motivation to reach your fitness goals, the Hurst Recreation Center has personal trainers, who are available to custom-design a fitness plan that will meet your needs. For more information, contact the Front Desk at the Recreation Center 817.788.7325.

Our Commitment to Quality:

Your satisfaction is our goal. . .we strive to provide you with quality recreation programs and we take pride in making your recreation experience an enjoyable one. Join us this season for recreational, educational, and life-long learning opportunities. If you

are not completely satisfied with your recreational experience, please call us at 817.788.7325 to share your concerns and suggestions for improvement. Thank you for choosing Hurst Parks and Recreation.

Mission Statement

The Hurst Recreation Division is dedicated to improving the quality of life for citizens of all ages by providing a variety of recreational activities, special events, facilities, and services that encourage life-long learning, fitness and fun.

Pre-School Programs

Van Gogh's Two's (18 months to 2 years)

Your 2-year old could be the next Van Gogh! Come find out as they express themselves through fun art projects. (Supply Fee \$5)

Instructor: Mary Cassidy (Certified School Teacher)

11020-A	M	4:30-5:00PM	8WKS	1/10	\$22
11020-B	W	9:30-10:00AM	8WKS	1/12	\$22

Mozart's Two's (18 months to 2 years)

Can you imagine the beautiful music your 2-year old and their new friends will create with musical instruments? They will play musical instruments and games. (Supply Fee \$5)

Instructor: Mary Cassidy (Certified School Teacher)

11000-A	M	5:00-5:30PM	8WKS	1/10	\$22
11000-B	W	10:00-10:30AM	8WKS	1/12	\$22

Independent Two's (2 to 3 years)

This class is for children who are ready to go to class without their mommies. They will create new projects each week using paint and glue and will have tons of fun! (Supply Fee \$5)

Instructor: Mary Cassidy (Certified School Teacher)

11080-A	W	9:00-9:30AM	8WKS	1/12	\$22
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NEW CLASS! Awesome Two's (2 years)

Let's get together and play! We will learn our shapes and colors, create crafts and just have a blast playing and learning at the same time! (Supply Fee \$10.)

Instructor: Dottie Nicholson

11090-A	M	9:00-9:45AM	8WKS	1/10	\$24
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NEW CLASS! My Little Princess

(2.5 to 4 years)

Calling all princesses of the royal kingdom! We will learn while having fun dressing up, role playing, listening to music and creating crafts. (Supply Fee \$10.)

Instructor: Dottie Nicholson

11111-A	M	11:15-12:15AM	8WKS	1/10	\$24
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NEW CLASS! Little People at Play

(2.5 to 4 years)

What does your daddy and mommy do? We will learn about people and the different jobs that they do. We will role play a different job each week. (Supply Fee \$10.)

Instructor: Dottie Nicholson

11333-A	F	9:00-9:45AM	8WKS	1/14	\$24
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Lunch A Bunch! (3 to 5 years)

Calling all pre-schoolers to the kitchen! Come learn how to create a healthy lunch. (Supply Fee \$10)

Instructor: Mary Cassidy (Certified School Teacher)

11170-A	W	9:00-9:30AM	8WKS	1/12	\$24
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Creative Time For Tots (3 to 4 years)

This class is designed to teach your pre-schooler important social skills through interaction with others. Your child will prepare for Pre-K through an introduction to letters, numbers, and colors. In a structured, yet fun, environment, your child will learn through crafts, music, stories and creative play. (Supply Fee \$10)

Instructor: Margaret Angel (Certified School Teacher)

11040-A	MW	8:30-10:15AM	8WKS	1/10	\$56
11040-B	TTH	8:30-10:15AM	8WKS	1/11	\$56

Crafty Motor Skills (3 to 5 years)

Let's have fun developing our fine motor skills through fun craft projects! By completing the crafts using scissors, pens, and pencils, you will help develop the fine motor skills required to complete these tasks. (Supply Fee \$5)

Instructor: Mary Cassidy (Certified School Teacher)

11010-A	T	9:30-10:15AM	8WKS	1/11	\$24
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Phonics Fun - Step 1 (3 to 5 years)

Come one, come all to the big sounds of letters. You will learn pre-reading skills through games and activities that teach phonics. (Supply Fee \$5)

Instructor: Mary Cassidy (Certified School Teacher)

11030-A	M	9:00-9:45AM	8WKS	1/10	\$24
11030-B	TH	9:00-9:45AM	8WKS	1/13	\$24

Phonics Fun - Step 2 (3 to 5 years)

Ready for more phonics? Come take the next step of Phonics Fun and learn some more! (Supply Fee \$5)

Instructor: Mary Cassidy (Certified School Teacher)

11035-A	M	10:30-11:15AM	8WKS	1/10	\$24
11035-B	TH	10:30-11:15AM	8WKS	1/13	\$24

Hands-on Math (3 to 5 years)

Let's learn numbers the fun way! We will learn to add, subtract, and count. We will also use musical instruments to help us have fun while learning! (Supply Fee \$5)

Instructor: Mary Cassidy (Certified School Teacher)

11205-A	M	9:45-10:30AM	8WKS	1/10	\$24
11205-B	TH	9:45-10:30AM	8WKS	1/13	\$24

Science Fun (3 to 5 years)

We'll explore the world of science through exciting experiments. Science will knock your socks off! (Supply Fee \$5)

Instructor: Mary Cassidy (Certified School Teacher)

11025-A	TH	11:15-Noon	8WKS	1/13	\$24
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NEW CLASS! Messy on Purpose! (3 to 6 years)

Do you like making a mess? Let's do it together! We will make a mess with homemade clay, shaving cream, and pudding, just to name a few. (Supply Fee \$10.)

Instructor: Dottie Nicholson

11350-A	M	10:00-10:45AM	8WKS	1/10	\$24
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NEW CLASS!

You Can Do That With a Balloon?

(3 to 6 years)

Did you know that you could do science projects and play games by using a balloon? That's exactly what we are going to do! (Supply Fee \$10.)

Instructor: Dottie Nicholson

11450-A	F	10:00-10:45AM	8WKS	1/14	\$24
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NEW CLASS! International Cooking Flare

(3 to 6 years)

We will learn about different countries and what kids there like to eat. We might even make something that you already like to eat! (Supply Fee \$10.)

Instructor: Dottie Nicholson

11250-A	F	11:00-11:45AM	8WKS	1/14	\$24
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Movin' Groovin'

(3 to 5 years)

Come learn to have fun while moving our bodies. "Drill Sergeant Mary" will lead the way through re-lays and games. We will also work on waiting in lines, following directions, and our manners.

Instructor: Mary Cassidy (Certified School Teacher)

11100-A	T	11:30-Noon	8WKS	1/11	\$22
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Pre-School Computers (3 to 5 years)

In this tech-savvy class for pre-schoolers, your child will learn the proper way to turn the computer on and off, how to use the mouse, all while having fun with Elmo and other pre-school programs.

Instructor: Vicki McMeans

11800-A	TH	11:00-11:30AM	8WKS	1/13	\$24
11800-B	TH	11:35-12:05PM	8WKS	1/13	\$24

Preschool & Youth Programs:

Just a couple of reminders...

With your child's best interest in mind, we ask that parents not remain in the classroom after the class begins. Our instructors have found that their quality of instruction is affected by parental distractions and interruptions.

In order to provide the best learning environment, children 3-5 years must be toilet trained.

Little Tyke Soccer (3 to 6 years)

GGG000AAAALLL! You will get your feet running and learn the basics of the world's most popular sport. (Athletic shoes required)

Instructor: Kourtnee Castillo

(3-4 years)

11600-A	W	5:00-5:30PM	8WKS	1/12	\$22
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(5-6 years)

11600-B	W	5:30-6:00PM	8WKS	1/12	\$22
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Pre-K Kids (4 to 5 years)

This class is designed to prepare your child for Kindergarten. Through crafts, stories, music, and play time, they will learn the alphabet, numbers, and colors in a structured, yet fun, environment. Your child will develop improved social skills through their interaction with other students. Be sure to bring a sack lunch. (Supply Fee \$10)

Instructor: Margaret Angel (Certified School Teacher)

11050-A	MW	10:30-2:00PM	8WKS	1/10	\$98
11050-B	TTH	10:30-2:00PM	8WKS	1/11	\$98

All Kinds of Arts and Crafts (4 to 8 years)

Are you ready to roll up your sleeves and create? We will craft a new project each week and learn about all types of arts and crafts! (Supply Fee \$10)

Instructor: Suzanne Starks

11200-A	W	9:30-10:20AM	8WKS	1/12	\$22
11200-B	TH	10:45-11:35AM	8WKS	1/13	\$22

Where Do Animals Live? (4 to 8 years)

Do you wonder where animals live? Do they live in the forest or the desert? We will explore different habitats in the US. We will use picture books, games, and crafts as part of our learning process. (Supply Fee \$10)

Instructor: Suzanne Starks

11140-A	W	12:45-1:35PM	8WKS	1/12	\$22
11140-B	TH	1:00-1:50PM	8WKS	1/13	\$22

Beginner Reading Book Club (3 to 6 years)

Do you like to hear a good story? Come listen to a different book each week. We will play games, create crafts, and do other activities inspired by our book of the week. We will also keep a Bookworm log of all of the great books that we read together. (Supply Fee \$5)

Instructor: Suzanne Starks

11150-A	W	9:00-9:30AM	8WKS	1/12	\$22
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NEW CLASS! Buddy Time! (4 to 6 years)

Games, puzzles, good books, crafts... the list goes on! So many fun things to do and so little time! But when good friends get together each week, we can start knocking a few off our lists! Come play with us!

Instructor: Suzanne Starks

11900-A	TH	10:00-10:45AM	8WKS	1/13	\$22
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Passport to the World (4 to 8 years)

Grab your suitcase and passport as we "travel" around the world to new and exciting places. We will visit a new country each class and learn about the people who live there and their culture. We will also learn about famous landmarks in each country and collect some neat "souvenirs" along the way! (Supply Fee \$10)

Instructor: Suzanne Starks

11130-A	W	11:30-12:20PM	8WKS	1/12	\$22
11130-B	TH	11:45-12:45PM	8WKS	1/13	\$22

Celebrate the Year! (4 to 8 years)

There is always something to celebrate! We will learn more about holidays, events, and traditions that we celebrate throughout the year. We will have fun by playing games, creating crafts, and other fun activities. (Supply Fee \$10)

Instructor: Suzanne Starks

11400-A	W	10:30-11:20AM	8WKS	1/12	\$22
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Tae Kwon Do for Tots (4-5 years)

This class will teach the basic physical skills needed for martial arts: strength, flexibility, coordination, and balance. At the same time, you will learn martial arts fundamentals and age-appropriate techniques.

Instructor: Paul Kearney (3rd degree black belt in Tae Kwon Do, 1st degree black belt in Judo and Aikijujutsu, and holds a blue belt in Brazilian Jujitsu.)

11300-A	TH	5:30-6:00PM	8WKS	1/13	\$24
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NEW CLASS! Show Me Some Science (5 to 9 years)

Insects, weather, animals, water... science is all around us! Explore, experiment, and examine things more closely to see how our world works. (Supply Fee \$10)

Instructor: Suzanne Starks

11222-A	TH	9:00-9:50AM	8WKS	1/13	\$22
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Tap for Tots (3-5 years)

In this class your tot will become familiar with many of the single sound tap moves. We will also work on counting, tempo, distinguishing our right from our left, and other foundational dance concepts. (Tap shoes required.)

Instructor: LaTisha Clay

11065-A	TH	10:30-11:00AM	8WKS	1/13	\$22
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Ballet for Tots (3-5 years)

In this class your tot will become familiar with basic barre and center work. We will also work on counting, tempo, distinguishing our right from our left, and other foundational dance concepts. (Ballet shoes required.)

Instructor: LaTisha Clay

11180-A	T	10:30-11:00AM	8WKS	1/11	\$22
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Tiny Dancer I (3-5 years)

Your tiny dancer will learn tap, ballet, and rhythmic movements. (Ballet and tap shoes are required.)

Instructor: LaTisha Clay

11060-A	T	11:00-11:45AM	8WKS	1/11	\$24
11060-B	TH	11:00-11:45AM	8WKS	1/13	\$24

Tiny Dancer II (4-5 years)

Your tiny dancer will learn tap, ballet, and rhythmic movements. (Ballet and tap shoes are required.)

Instructor: LaTisha Clay

11070-A	T	11:45-12:30PM	8WKS	1/11	\$24
11070-B	TH	11:45-12:30PM	8WKS	1/13	\$24

One Time Programs

Sweets for the Sweet (3-12 years)

Be my valentine? Come make some fun sweets for your sweetheart! (\$10 Supply Fee)

Instructor: Mary Cassidy (Certified School Teacher)

(3-5 years)

11444-A	S	10:00-Noon	1WK	2/12	\$12
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(6-12 years)

21110-A	S	1:00-3:00PM	1WK	2/12	\$12
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NEW CLASS! Valentine's Party (4-10 years)

Let's celebrate Valentine's Day! We'll create our own valentines, play games and have some treats! (\$5 Supply Fee)

Instructor: Michelle Riley

11555-A	S	9:30-10:15AM	1WK	2/5	\$11
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NEW CLASS! Sweetheart Tea Party

(4-10 years)

It's tea time! We'll decorate heart shaped cookies, play Valentine bingo, have some tea, make a necklace, and even play dress up! (\$5 Supply Fee)

Instructor: Michelle Riley

11666-A	S	10:15-11:30AM	1WK	2/5	\$11
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NEW CLASS! Valentine Cake Class

(3-15 years)

It's time to get out your spatula and decorate a heart-shape cake especially for your valentine. (Please request white or chocolate cake at registration.) (\$5 Supply Fee)

Instructor: Michelle Riley

11777-A	S	10:15-11:30AM	1WK	2/12	\$11
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Youth Programs

Yes, I Can Draw (6-12 years)

Yes, you can draw! You will develop your fine motor skills by putting your creativity to work through drawing. (Supply list)

Instructor: Mary Cassidy (Certified School Teacher)

21170-A	T	4:30-5:20PM	8WKS	1/11	\$24
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Water Coloring (6-12 years)

Calling all kids! Come explore your creative side by creating your very own watercolors. You will learn about color combinations and different applications. (Supply Fee \$10)

Instructor: Mary Cassidy (Certified School Teacher)

21090-A	M	5:30-6:30PM	8WKS	1/10	\$24
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Home School Lunch-A-Bunch (6-12 years)

Calling all hungry kids to the kitchen for some fun! Come learn how to create a healthy lunch. (Supply Fee \$10)

Instructor: Mary Cassidy (Certified School Teacher)

21060-A	W	11:30-12:30PM	8WKS	1/12	\$24
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Home School Art (6-12 years)

Art is all around us. You will learn about different kinds of art, including painting, drawing, and sculpting. (Supply Fee \$10)

Instructor: Mary Cassidy (Certified School Teacher)

21040-A	W	12:30-1:30PM	8WKS	1/12	\$24
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Guitar - Beginner and Advanced Beginner

(7+ years)

Sing-a-long as you learn basic chords and chord progressions in this beginner class. Students must provide their own guitar (Supply fee for book is \$8. Nylon strings preferred.)

Instructor: Dallas Kaemmerling

Beginner (7-10 years)

21020-A	TH	5:00-6:00PM	8WKS	1/13	\$30
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(11+ years)

21020-B	TH	6:15-7:15PM	8WKS	1/13	\$30
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Advanced Beginner

21020-C	TH	7:30-8:30PM	8WKS	1/13	\$30
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Beginner Violin (9-12 years)

This class will introduce you to your instrument. You will learn to read and play basic music in a group setting. (Students must provide their own violin.)

Instructor: Amanda Flores

21050-A	M	6:00-6:45PM	8WKS	1/10	\$60
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21050-B	S	10:00-10:45AM	8WKS	1/15	\$60
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3-in-1 Dance Combo Class (5-10 years)

Are you looking for a class that has it all? You will get a taste of ballet, tap, and jazz all in the same class! (Ballet, tap, and jazz shoes required.)

Instructor: LaTisha Clay

21300-A	W	4:00-5:15PM	8WKS	1/12	\$28
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Hip-Hop Dance (5-10 years)

In this class you will learn the basics of hip-hop dancing. We will also work on technique, phrasing, timing, and other foundational dance concepts. (Sneakers required)

Instructor: LaTisha Clay

21070-A	W	5:15-6:00PM	8WKS	1/12	\$28
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Cheerleading 101 - Beginning and Intermediate (4-12 years)

Here's your first step in learning to be a cheerleader. You will learn basic motions, jumps, and cheers. Please wear comfortable shorts, t-shirt, and tennis shoes, and wear your hair pulled back.

Instructor: Sherri Crawford

Beginning (4-7 years)

21180-A	TH	3:30-4:00PM	8WKS	1/13	\$22
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Intermediate (8-12 years)

21180-B	TH	4:00-4:30PM	8WKS	1/13	\$22
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Soccer Skills (8-12 years)

Are you looking to improve your soccer skills? Grab your athletic shoes and ball, let's get started! We will go over your basic skills and begin working on more advanced skills. (Athletic shoes required.)

Instructor: Kourtnee Castillo

21500-A	W	6:00-6:30PM	8WKS	1/12	\$22
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Basketball Basics (7-12 years)

Is the NBA in your future? Come get the ball bouncing and learn the basics to get started. (Athletic shoes required.)

Instructor: Kourtnee Castillo

21030-A	W	6:30-7:00PM	8WKS	1/12	\$22
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Girls Volleyball Beginners Basics (7-12 years)

Do you have an interest in playing volleyball? We will learn the basics to get you started. (Tennis shoes required.)

Instructor: Stacie Castillo

21035-A	W	7:15-8:00PM	8WKS	1/12	\$24
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Tae Kwon Do and Jujutsu for Kids (6-12 years)

This class will teach basic and advanced Tae Kwon Do techniques as well as self defense techniques of escapes, take downs and disabling from jujutsu.

Instructor: Paul Kearney (3rd degree black belt in Tae Kwon Do, 1st degree black belt in Judo and Aikijujutsu, and holds a blue belt in Brazilian JiuJitsu.)

December:

28200-D	TH	6:00-7:00PM	4WKS	12/2	\$40
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January:

21200-A	TH	6:00-7:00PM	4WKS	1/6	\$40
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February:

21200-B	TH	6:00-7:00PM	4WKS	2/3	\$40
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ITF - Tae Kwon Do (5 and up)

ITF-Tae Kwon Do is the only original and traditional Korean Tae Kwon Do in D/FW. You will increase your flexibility, physical fitness, self defense, self control, discipline, stress relief, self esteem, and concentration.

Instructor: Jonathan Nguyen (member of ITF-United and Grandmaster Van Binh)

White belts

21700-A	S	9:05-10:05AM	8WKS	1/15	\$56
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Colored belts

21700-B	S	10:10-11:10AM	8WKS	1/15	\$56
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Karate/Self-Defense (5-15 years)

Several forms of martial arts have been blended into a practical system of self-defense designed to combat various situations. You will learn how to handle situations both physically and mentally. Fees for belt testing and uniforms are paid to the instructor.

Instructor: Bob Klavitter

(Beginner 8-15 years)

21111-A	M	6:00-8:00PM	8WKS	1/10	\$34
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(Beginner 5-7 years)

21111-B	MW	4:00-5:00PM	8WKS	1/10	\$34
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(Advanced 8-15 years)

21111-C	MW	5:00-6:00PM	8WKS	1/10	\$34
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Olympic Sport of Judo (6-12 years)

Judo has been an Olympic sport since 1964. Here is your chance to learn the sport of Judo from a nine-time National medal winner. Judo will not only increase your fitness level, but also increase your confidence and discipline. This is an ongoing monthly class.

Instructor: Kim Mesa (5th degree black belt and certified USA Judo International Coach)

December:

28900-D	M	6:00-7:00 PM	4WKS	12/6	\$32
	S	9:05-10:05AM			

January:

21900-A	M	6:00-7:00 PM	4WKS	1/3	\$32
	S	9:05-10:05AM			

February:

21900-B	M	6:00-7:00 PM	4WKS	2/7	\$32
	S	9:05-10:05AM			

Gymnastics Programs

Parent/Tot Tumbling (16-36 mos)

A fun class for you and your child to build a growing relationship through the learning of basic motor skills, tumbling, and coordination. One child per parent.

Instructor: Tammy Slovensky

31040-A	M	9:30-10:00AM	8WKS	1/10	\$22
31040-B	M	11:30-Noon	8WKS	1/10	\$22
31040-C	T	9:30-10:00AM	8WKS	1/11	\$22
31040-D	W	9:30-10:00AM	8WKS	1/12	\$22
31040-E	TH	9:30-10:00AM	8WKS	1/13	\$22

Tiny Tikes (2.5-3.5 years)

Here's a class that introduces your child to the basic motor skills for tumbling and acquaints tots with the gymnastics equipment.

Instructor: Tammy Slovensky

31030-A	M	10:00-10:30AM	8WKS	1/10	\$22
31030-B	T	10:00-10:30AM	8WKS	1/11	\$22
31030-C	W	10:00-10:30AM	8WKS	1/12	\$22
31030-D	W	11:30-Noon	8WKS	1/12	\$22
31030-E	TH	10:00-10:30AM	8WKS	1/13	\$22

Tumbling Tots I (3-4 years)

Your tot will strengthen motor skills and enhance their coordination while learning tumbling skills and the use of all gymnastics equipment.

Instructor: Tammy Slovensky

31011-A	M	10:30-11:00AM	8WKS	1/10	\$22
31011-B	T	10:30-11:00AM	8WKS	1/11	\$22
31011-C	T	11:30-Noon	8WKS	1/11	\$22
31011-D	W	10:30-11:00AM	8WKS	1/12	\$22
31011-E	TH	10:30-11:00AM	8WKS	1/13	\$22

Instructor: Miranda Slovensky

31011-F	M	5:00-5:30PM	8WKS	1/10	\$22
31011-G	W	5:30-6:00PM	8WKS	1/12	\$22

Tumbling Tots II (4-5 years)

Your tumbler will learn more advanced movements while mastering the skills introduced in Level I.

Instructor: Tammy Slovensky

31022-A	M	11:00-11:30AM	8WKS	1/10	\$22
31022-B	T	11:00-11:30AM	8WKS	1/11	\$22
31022-C	W	11:00-11:30AM	8WKS	1/12	\$22
31022-D	TH	11:00-11:30AM	8WKS	1/13	\$22

Instructor: Miranda Slovensky

31022-E	M	5:30-6:00PM	8WKS	1/10	\$22
31022-F	W	6:00-6:30PM	8WKS	1/12	\$22

Tumbling Tots III (4-5 years)

This class is designed for tumblers who have already taken Tumbling Tots I and Tumbling Tots II. Your child must be able to do a forward roll and a cartwheel.

Instructor: Miranda Slovensky

31033-A	W	6:30-7:00PM	8WKS	1/12	\$22
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Beginner Gymnastics (5-11 years)

You will learn body control while performing the basic fundamentals of gymnastics and dance on the floor, beam, bars, and vault.

Instructor: Tana Eden

31051-A	M	4:00-5:00PM	8WKS	1/10	\$26
31051-B	M	5:00-6:00PM	8WKS	1/10	\$26
31051-C	T	6:00-7:00PM	8WKS	1/11	\$26
31051-D	T	7:00-8:00PM	8WKS	1/11	\$26
31051-E	W	5:00-6:00PM	8WKS	1/12	\$26
31051-F	W	6:00-7:00PM	8WKS	1/12	\$26
31051-G	TH	4:00-5:00PM	8WKS	1/13	\$26
31051-H	TH	5:00-6:00PM	8WKS	1/13	\$26

Beginning Tumbling (3-7 years)

Forward rolls, cartwheels, and more! We will start with the basics to build a solid tumbling foundation. You will learn the proper technique for cartwheels, round-offs, front tumbling, backbends, back walkovers, and prepare for "assisted" back handsprings.

Instructor: Sherri Crawford

31100-A	M	3:30-4:00PM	8WKS	1/10	\$22
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Intermediate Tumbling (8-12 years)

If you have completed the beginning tumbling class above, or have previous training to accomplish most of the skills listed in the beginning tumbling class, you may enroll in this intermediate class to further your training to achieve these skills unassisted. You will also prepare for more advanced types of back handsprings.

Instructor: Sherri Crawford

31100-B	M	4:00-4:30PM	8WKS	1/10	\$22
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Beginning Tumbling for Cheerleaders

(4-12 years)

Do you want to learn more about tumbling and cheerleading together but do not have any experience? In this class, we will learn the basic motions, jumps, and techniques. You will also learn basic cheers and chants.

Instructor: Sherri Crawford

(3-7 years)

31100-C	W	3:30-4:15PM	8WKS	1/12	\$24
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(8-12 years)

31100-D	W	4:15-5:00PM	8WKS	1/12	\$24
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Adult Programs

Personal Training

Do you need motivation to reach your fitness goals? Through personal training, you can reach your cardiovascular and strength training goals with a program tailored for you. A one hour session is \$41 or a series of five is \$172. Sessions are set by appointment.

Instructors: William Reed, Certified Personal Trainer

Fitness Evaluations

Are you getting started on your fitness program and do not know where to begin? A fitness evaluation should be your first step in any fitness program. Your level of fitness is assessed in five components: cardiovascular, muscular strength, muscular endurance, flexibility and body composition. A one hour session is \$41. All evaluations are done by appointment.

Instructors: William Reed, Certified Personal Trainer

Nutrition Counseling

Can't get rid of that extra weight? Need nutrition assistance for your sports training? Have a medical condition that would benefit from nutrition assistance? Individual nutrition counseling is available for your every need. Expertise in weight loss and management, disease management, sports nutrition, eating disorders, and general wellness. A one-hour session is \$52 or a series of 3 sessions is \$117. All evaluations are done by appointment.

Instructor: Esther White, MS, RD, LD

The Power Package

Join forces with the experts in nutrition and fitness for successful results! Your Power Package includes 2 sessions focused on nutrition with a customized diet plan and 2 sessions focused on fitness with an evaluation and personal exercise plan. The Power Package is \$142 for the 4 sessions. All evaluations are done by appointment.

Instructor: Esther White, MS, RD, LD and William Reed, Certified Personal Trainer

Energize Exercise

Do you like to exercise in the morning and feel energized all day? Then this is the class for you. You will exercise at your own level of endurance. The class puts emphasis on your arms, abdomen and legs.

Instructor: Karen Cowley

41010-A	MWThF	8:30-9:15 AM	8WKS	1/10	\$28
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Mix It Up Aerobics

Come have fun getting in shape with this versatile class. We do a variety of fun cardio and strength work to keep it fun, interesting, and challenging. If you have never exercised before or if you have been for years, this class is for you! Come mix it up with us and have a great time achieving your goals!

Instructor: Behka Hartmann (Certified Fitness Instructor)

41040-A	MWF	9:15-10:15 AM	8WKS	1/10	\$40
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Cardio Dance Party

There's no better way to get in shape than doing something you enjoy and that is fun! Come dance the night away with great dance formats including ZUMBA, HULA FITNESS and MUCH, MUCH MORE. This class is sure to help tone and tighten – and help you lose those unwanted pounds with a great big smile on your face. Come on, let's party!

Instructor: Behka Hartmann (Certified Fitness Instructor)

41065-A	MW	6:05-7:00PM	8WKS	1/10	\$40
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Active Independents

Attention Seniors! Are you looking for an exercise class scaled to your fitness level? This class is an all inclusive functional fitness with focus on the 10 points of fitness.

Instructor: William Reed (Certified Fitness Instructor)

December:

48333-D	MW	10:30-11:30AM	4WKS	12/1	\$25
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January:

41333-A	MW	10:30-11:30AM	4WKS	1/3	\$25
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February:

41333-B	MW	10:30-11:30AM	4WKS	2/2	\$25
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Camp HRC

Do you have high blood pressure, Type II Diabetes (adult onset), low back pain (non-traumatic), feel sluggish, and just physically unconditioned? It's time to get in shape! Exercise can prevent, treat, and cure diseases associated with poor diet and sedentary lifestyle. Exercise to increase metabolism, bone density, improve body composition, increase energy levels, and more.

Instructor: Bilal Konte (B.S. Kinesiology/Master of Fitness Specialist)

December:

48998-G	MW	7:15-8:10 PM	4WKS	12/1	\$25
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January:

41998-A	MW	7:15-8:10 PM	4WKS	1/3	\$25
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February:

41998-B	MW	7:15-8:10 PM	4WKS	2/2	\$25
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Bootcamp

Today's the day to achieve the goal you have been putting off. Come early and then have your whole day to be proud of what you accomplished that morning. Boot camp is for everyone. You will get help getting past those plateaus, achieve your goals and get to be a fitter YOU! Come tone and tighten with a variety of workouts including core strength, stability ball, weights, steps, circuits, interval training, and much more. Decide today that YOU ARE WORTH IT!

Instructor: Behka Hartmann (Certified Fitness Instructor)

41420-A	MW	6:35-7:30AM	8WKS	1/10	\$40
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Extreme Fitness

This high intensity, total body workout uses functional every day movements to get you exercising. The workout and movements will be scaled to meet your personal fitness level and ability.

Instructor: William Reed (Certified Fitness Instructor, Certified Crossfit Instructor)

December:

48005-D	TTH	6:00-6:55PM	4WKS	12/2	\$25
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January:

41005-A	TTH	6:00-6:55PM	4WKS	1/4	\$25
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February:

41005-B	TTH	6:00-6:55PM	4WKS	2/3	\$25
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Slim It Out, Tone It Up

Join us for a fun, challenging and fast-paced workout that uses different moves and equipment to target every muscle in your body. You will walk out with a smile on your face and a little sweat on your shirt!

Instructor: Esther White, MS, RD, CSSD, LD

41015-A	TTH	6:35-7:25AM	8WKS	1/11	\$36
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Instructor: Debbie Day

41015-B	F	6:40-7:30AM	8WKS	1/14	\$18
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NEW CLASS! Ready for the Weekend Step Drill Class

Get your weekend off to a great start with a Friday afternoon Step Drill Class! We will step up your fitness level with beginner step drills and combinations. We will also include weight intervals for more fat burning!

Instructor: Theresa Zuelch

41085-A	F	4:30-5:30PM	8WKS	1/14	\$20
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Cycle and Core

A challenging combo class of cycling and strength to give you that total body workout to burn fat and calories! Bring water, a towel, bike shorts or a padded seat cover, and determination!

Instructor: Esther White, MS, RD, CSSD, LD

41300-A	T	5:15-6:35PM	8WKS	1/11	\$30
41300-B	T	6:00-7:00PM	8WKS	1/11	\$28

Spin & Sweat

Join us for spinning! Turn the basics of cycling into a great cardio workout that burns calories and fat. Get ready to work hard and sweat like crazy!

Instructor: Angela Pond

41444-A	TH	5:30-6:15PM	8WKS	1/13	\$22
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Flow & Strength

Come challenge yourself to grow in flexibility, strength, and calmness using yoga and pilates influenced movement to improve your health.

Instructor: Esther White, MS, RD, CSSD, LD

41060-A	M	5:10-6:00PM	8WKS	1/10	\$30
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Hurst Hustlers Running Club

Come join runners, joggers, and walkers of all levels for a challenging workout using hills, speed work, distance, and drills. You will learn how to run and how to stay injury free all while having fun! This is the perfect way to make friends and meet your running goals.

Instructor: Esther White, MS, RD, CSSD, LD

41001-A	M	6:00-7:00PM	8WKS	1/10	\$30
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NEW CLASS! Stroller Strides

Stroller Strides is a total fitness program for moms, where you can bring your kiddos along for the ride! Combining cardio, strength training, core work, and stretching; you will get a great workout while your kiddos have fun in the stroller with silly songs and learning opportunities. The class will meet in Chisholm Park at the Tejas Pavilion. (A one time supply fee of \$50 includes: resistance tubes, member t-shirt, water bottle, sippy cup, and tote bag.)

Instructor: Stroller Strides

December:

49020-A	MW	9:30-10:30AM	4WKS	12/6	\$50 (unlimited classes)
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January:

41020-A	MW	9:30-10:30AM	4WKS	1/3	\$50 (unlimited classes)
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February:

41020-B	MW	9:30-10:30AM	4WKS	2/2	\$50 (unlimited classes)
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Hatha Yoga I & II

Learn more about yourself from the inside out with the tools of yoga. Increase your flexibility, balance, and tone your body. Discover the technique of breath control, centering and meditation. (Eat nothing 2 hours prior to class and bring a lap blanket.)

Hatha Yoga I:

Instructor: Jessica Copeland

41100-A	T	9:15-10:15AM	8WKS	1/11	\$32
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Instructor: Behka Hartmann

41100-B	F	10:15-11:15AM	8WKS	1/14	\$32
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Hatha Yoga II:

Instructor: Jessica Copeland

41100-C	M	10:30-11:15AM	8WKS	1/10	\$32
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Searavelli Yoga

Learn to elongate and extend comfortably into poses by using gravity and your breath. This user-friendly style of yoga will teach you how to relax. Please bring a blanket to class.

Instructor: Julie Vela (Certified and registered with Yoga Alliance)

41100-D	W	8:15-9:15PM	8WKS	1/12	\$32
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Searavelli Yoga - Intermediate

Are you ready to deepen your yoga practice? Experience steadiness and ease while learning intermediate poses. Please bring a yoga mat and a blanket to class.

Instructor: Julie Vela (Certified and registered with Yoga Alliance)

41100-E	W	7:00-8:00PM	8WKS	1/12	\$32
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MMA - Mixed Martial Arts 101

Does the UFC intrigue and inspire you? Here's your opportunity to step onto the mat and give it a try. We will cover all aspects of un-armed combat, standing striking techniques, take downs and throws and ground work featuring joint locks and chokes.

Instructor: Paul Kearney (3rd degree black belt in Tae Kwon Do, 1st degree black belt in Judo and Aikijujitsu, and holds a blue belt in Brazilian Jujitsu.)

December:

48555-D	TH	7:00-8:30PM	4WKS	12/2	\$40
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January:

41555-A	TH	7:00-8:30PM	4WKS	1/6	\$40
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February:

41555-B	TH	7:00-8:30PM	4WKS	2/3	\$40
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Tri-Cities Promenadors:

Did you know that the Tri-Cities Promenadors offer Square Dance lessons at the Brookside Center on Tuesday nights from 7:30-9:30 PM?
Drop by and give it a try!

Olympic Sport of Judo

Judo has been an Olympic sport since 1964. Here is your chance to learn the sport of Judo from a nine-time national medal winner. Judo will not only increase your fitness level, but also increase your confidence and discipline. This is an ongoing monthly class.

Instructor: Kim Mesa (5th degree Black Belt and certified USA Judo International Coach)

December:

48800-D	M	7:00-8:30PM	4WKS	12/6	\$32
	W	7:00-8:30PM			
	S	10:05-11:30AM			

January:

41800-A	M	7:00-8:30PM	4WKS	1/3	\$32
	W	7:00-8:30PM			
	S	10:05-11:30AM			

February:

41800-B	M	7:00-8:30PM	4WKS	2/7	\$32
	W	7:00-8:30PM			
	S	10:05-11:30AM			

ITF – Tae Kwon Do

ITF-Tae Kwon Do is the only original and traditional Korean Tae Kwon Do in D/FW. You will increase your flexibility, physical fitness, self defense, self control, discipline, and stress relief while building self-esteem and concentration.

Instructor: Jonathan Nguyen (member of ITF-Unified and Grandmaster Van Binh)

21700-A	S	9:05-11:00AM	8WKS	1/15	\$56
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Tai Chi

The Thursday evening class will focus on the basics of Tai Chi. Emphasis will be on relaxation, balance, and making the mind-body connection necessary in Tai Chi. Class will study the movements of the first section of the Yang long form. The Saturday morning class is for advanced students who have a working understanding of the Yang-style 103-movement form.

Instructor: Dan Streeter

December:

48070-D	TH	7:30-8:45PM	4WKS	12/2	\$37
	S	9:05-10:30AM			

January:

41070-A	TH	7:30-8:45PM	4WKS	1/6	\$37
	S	9:05-10:30AM			

February:

41070-B	TH	7:30-8:45PM	4WKS	2/3	\$37
	S	9:05-10:30AM			

Qui Gong/Intro to Tai Chi

In this class we will focus on the benefits of deep-breathing, moving meditation exercises, followed by an introduction to Tai Chi using the Yang-style 103-movement form. Participants should be able to stand comfortably for the class period, and walking-style shoes are recommended.

Instructor: Dan Streeter

December:

48075-D	WF	1:00-2:00PM	4WKS	12/1	\$37
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January:

41075-A	WF	1:00-2:00PM	4WKS	1/5	\$37
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February:

41075-B	WF	1:00-2:00PM	4WKS	2/2	\$37
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NEW CLASS! Basic Beginners Computer

Are you unsure how to even turn on the computer or the difference between a mouse and monitor? In this class, we will cover the very basics of terms, functions, email, and internet use.

Instructor: Vickie McMeans

41600-A	W	10:30-Noon	8WKS	1/12	\$50
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NEW CLASS! Advanced Beginners Computer

Now that you can turn on the computer and know the difference between a mouse and monitor, you are ready to learn more about email, internet use, basics of word processing, and an introduction to MicroSoft Office applications.

Instructor: Vickie McMeans

41666-A	W	1:00-2:30PM	8WKS	1/12	\$50
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NEW CLASS! The “Fun” of Power Point - Creating Photo Albums

Did you know that you can create complete photo albums with Power Point? You can email the albums to friends or print hard copies to keep. In the world of digital photography, this is a great option for all of your precious photos. We will learn how to create photo albums, from beginning to end.

Instructor: Vickie McMeans

41700-A	TH	1:00-2:30PM	8WKS	1/13	\$50
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Clowning for Fun and Profit

Do you like clowning around? From make-up to making money, we will learn all aspects of clowning. We will have fun and learn magic, juggling, puppets, comedy, and much more.

Instructor: Andy Anderson

41190-A	W	6:30-8:30PM	10WKS	1/12	\$32
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Brush & Palette

Express your talent through the art of oil painting! Basic strokes, color mixing, and application will be covered. (Supply list)

Instructor: Elaine Roosz

41110-A	T	9:00-Noon	8WKS	1/11	\$50
41110-B	T	6:30-9:00PM	8WKS	1/11	\$50

NEW CLASS! Rag Quilting

Through rag quilting, you can create your own beautiful quilt without quilting! Rag quilts are soft, cuddly, and very simple to complete. We will use simple cutting and sewing to create your own quilt! (Supply List)

Instructor: Vickie McMeans

41556-A	F	1:00-3:00PM	8WKS	1/14	\$30
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Guitar - Beginner and Advanced Beginner

Sing-a-long as you learn basic chords and chord progressions in this beginner class. Students must provide their own guitar (Supply fee for book is \$8. Nylon strings preferred.)

Instructor: Dallas Kaemmerling

Beginner

21020-B	TH	6:15-7:15PM	8WKS	1/13	\$30
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Advanced Beginner

21020-C	TH	7:30-8:30PM	8WKS	1/13	\$30
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Belly Dance Basics

Fun dance class! Come learn the basics of belly dance, American Tribal Style! A healthy, low-impact dance class suitable for all body types.

Instructor: Brandy Bollin

41200-A	T	7:00-8:00PM	8WKS	1/11	\$46
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Improv Dance Drills

Take your new-found belly dance skills and ramp it up a notch or two. We will cover more complex drills and improv combinations, building on what you learned in the Basics class. We will use live music for this class, affording you the opportunity to also learn to use percussion instruments (in the form of zills) to dancers.

Instructor: Brandy Bollin

41224-A	T	8:00-9:00PM	8WKS	1/11	\$46
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Take it to the Stage: Advanced Belly Dance

Now that you have perfected your dance skills, you are ready to create a performance. This class will focus on taking your move vocabulary and making it show-worthy by adding props, staging, and interaction with a band. You will also learn to use props such as the veil, skirt, sword, and zills.

Instructor: Brandy Bollin

41222-A	T	9:00-9:45PM	8WKS	1/11	\$40
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Tribal Evolution

This class covers the unique style of Improv Tribal Style, as taught by TE founder Brandy Bollin. This class is a professional performance level class that will teach you to include props, musical interpretation, musician interaction, staging, and show layout.

Instructor: Brandy Bollin

41226-A	TH	8:00-9:30PM	8WKS	1/13	\$46
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Adult Tap Dance - Intermediate/Advanced

Come and experience the fun of tap dancing. Regardless of if you have never tapped before or you've been tapping for years, this class has something for everyone. (Tap shoes required.)

Instructor: LaTisha Clay

41111-A	TH	7:00-8:00PM	8WKS	1/13	\$30
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Adult Dance Combo

Come get a taste of several styles of dance in one class. As a class, we will choose one style of dance to explore in-depth, while we continue to learn more about ballet, tap, jazz, modern, and more. (Ballet and Tap shoes required.)

Instructor: LaTisha Clay

41400-A	TH	8:00-9:30PM	8WKS	1/13	\$36
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Wedding/Party Dance: The Foxtrot

Come and learn the social dance that is danced at most weddings, parties, cruise ships, and "just fun" type gatherings: the Foxtrot! No open-toed, alligator long-toed, sliders, or sneaker-style shoes allowed. Dress comfortably and prepare to have fun while learning to dance. Class meets at the Brookside Center.

Instructor: Gene Willman (Professionally-Trained Dance Instructor)

41165-A	M	7:25-8:10PM	4WKS	3/7	\$32 single/ \$60 couple
41165-B	W	7:25-8:10PM	4WKS	3/9	\$32 single/ \$60 couple

NEW CLASS! Paso Doble - Beginner

The Paso Doble is considered the "man's dance," showing the earthiness of a Matador. It is the dance of the bullfight, with an exhibition-style dance where the man generally represents the matador and the lady his cape. The Paso Doble is a dramatic French-Spanish, Flamenco-style with the characteristics of a marching with dramatic shaping and Flamenco influences. No open-toed, alligator long-toed, sliders, or sneaker-style shoes allowed. Dress comfortably and prepare to have fun while learning to dance. Class meets at the Brookside Center.

Instructor: Gene Willman (Professionally-Trained Dance Instructor)

41180-A	M	8:15-9:00PM	4WKS	3/7	\$32 single/ \$60 couple
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Salsa – Beginner

We will cover all the basics including cross over, right side pass, left side pass, turns, free style, and more! Leading for the men and following for the ladies will be taught. No open-toed, alligator long-toed, sliders, or sneaker-style shoes allowed. Dress comfortably and prepare to have fun while learning to dance. Class meets at the Brookside Center.

Instructor: Gene Willman (Professionally-Trained Dance Instructor)

41175-A	W	8:15-9:00PM	4WKS	1/12	\$32 single/ \$60 couple
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Waltz – Beginner

The waltz is considered a "proper dance" that is smooth and graceful. The music is soothing and floats around the floor. We will work on arm styling for both partners, plus learn nice leadable patterns that will enhance the men's leads and women's gracefulness in the smooth dance of Waltz. No open-toed, alligator long-toed, sliders, or sneaker-style shoes allowed. Dress comfortably and prepare to have fun while learning to dance. Class meets at the Brookside Center.

Instructor: Gene Willman (Professionally-Trained Dance Instructor)

41195-A	W	7:25-8:10PM	4WKS	1/12	\$32 single/ \$60 couple
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NEW CLASS! Wedding Dances - Father/Daughter or Mother/Son Dances

Preparing for an upcoming family wedding or would you just like to learn to dance? Make your mother/son and father/daughter wedding dances more memorable by learning how to dance the Foxtrot or Swing instead of just rocking back and forth. Class is open to everyone, even husband and wife. No open-toed, alligator long-toed, sliders, or sneaker-style shoes allowed. Dress comfortably and prepare to have fun while learning to dance. Class meets at the Brookside Center.

Instructor: Gene Willman (Professionally-Trained Dance Instructor)

41155-A	M	7:25-8:10PM	4WKS	1/10	\$32 single/ \$60 couple
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NEW CLASS! Salsa – Intermediate

Now that you know the basics of Salsa from the Beginner class, we will learn more advanced patterns with double turns, footwork, styling, and patterns. Dress shoes for the men and high heels for the women are preferred. No open-toed, alligator long-toed, sliders, or sneaker-style shoes allowed. Dress comfortably and prepare to have fun while learning to dance. Class meets at the Brookside Center.

Instructor: Gene Willman (Professionally-Trained Dance Instructor)

41170-A	W	8:15-9:00PM	4WKS	2/9	\$32 single/ \$60 couple
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Exercise/Workout Latin Style

Enjoy this fun, flirty, playful routine and workout through Cuban motion and syncopated steps. We will move and exercise to Latin style salsa and Cha Cha patterns plus some Meringue and then cool down and stretch with the romantic Bolero. No open-toed, alligator long-toed, sliders, or sneaker-style shoes allowed. Dress comfortably and prepare to sweat and have fun. Men and women both are encouraged. Class meets at the Brookside Center. (Class fee is \$60 per four weeks if you take both Monday and Wednesday classes.)

Instructor: Gene Willman (Professionally-Trained Dance Instructor)

41135-A	M	6:30-7:15PM	4WKS	1/10	\$20 single
41135-B	W	6:30-7:15PM	4WKS	1/12	\$20 single
41135-C	M	6:30-7:15PM	4WKS	2/7	\$20 single
41135-D	W	6:30-7:15PM	4WKS	2/9	\$20 single
41135-E	M	6:30-7:15PM	4WKS	3/7	\$20 single
41135-F	W	6:30-7:15PM	4WKS	3/9	\$20 single

Help Us Help You!

Please enroll early!

Help us keep your favorite classes around by enrolling early.

There is a point when classes must be cancelled due to low enrollment. Help us prevent course cancellations by registering early.

Country Western: 2-step/3-step Beginner

YEEHAW! Come and learn to 2-step/3-step your way across the dance floor. We'll learn basic Texas, old country and western, and the progressive 2-step dances. No open-toed, alligator long-toed, sliders, or sneaker-style shoes allowed. Dress comfortably and prepare to have fun while learning to dance. Couples encouraged but singles welcome. Class meets at the Brookside Center.

Instructor: Gene Willman (Professionally-Trained Dance Instructor)

41140-A	M	8:15-9:00PM	4WKS	1/10	\$32 single/\$60 couple
41140-B	W	7:25-8:10PM	4WKS	2/9	\$32 single/\$60 couple

The Swing (Triple Time)

The Swing is a great dance to know because it can be danced to most music played at weddings and parties. East coast swing is a triple or single-time style of dance with a rock step. Both styles will be taught. No open-toed, alligator long-toed, sliders, or sneaker-style shoes allowed. Dress comfortably and prepare to have fun while learning to dance. Couples encouraged but singles welcome. Class meets at the Brookside Center.

Instructor: Gene Willman (Professionally-Trained Dance Instructor)

41150-A	M	7:25-8:10PM	4WKS	2/7	\$32 single/\$60 couple
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West Coast Swing - Part II

Bring your West Coast Swing favorite patterns to share with the class. We will break it down, teach it to the class, and even add to it! To enroll in this class, you must know basics such as baskets, whips, and passes. No open-toed, alligator long-toed, sliders, or sneaker-style shoes allowed. Dress comfortably and prepare to have fun while learning to dance. Couples encouraged, but singles welcome. Class meets at the Brookside Center.

Instructor: Gene Willman (Professionally-Trained Dance Instructor)

41160-A	M	8:15-9:00PM	4WKS	2/7	\$32 single/\$60 couple
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The Swing Jitter Bug East Coast

This stylized Swing dance is currently popular with many Swing dancers across the country. It is danced to a wide variety of music including rhythm-and-blues, top 40 hits, slow-to-medium Swing, or Disco music. East Coast Swing is a very interpretive and fun dance. Dress comfortably and prepare to have fun while learning to dance. Couples encouraged, but singles welcome. Class meets at the Brookside Center.

Instructor: Gene Willman (Professionally-Trained Dance Instructor)

41130-A	W	8:15-9:00PM	4WKS	3/9	\$32 single/\$60 couple
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Judo stars shine in Hurst

Nathan (17) and Matthew (14) Kearney completed their 2010 competitive season with berths on the USA Judo Team to compete in the Pan American Championships for their respective age divisions. Nathan competed in Orlando in September at the Pan American Junior Championships where he finished 5th. Matthew competed in Panama in October at the Pan American Infantile Championships where he finished 7th.

Nathan and Matthew have been practicing judo at the Hurst Recreation Center for almost four years and are currently ranked 3rd and 1st, respectively, in the USA for their age and weight division.

In addition, they are the grandsons of Hurst residents, Cecil and Nancy Kearney. Cecil is an active volunteer for the Hurst Police Department. They are members at the Recreation Center and at the Senior Activities Center.

Nathan and Matthew Kearney



Recreation Division Programs

Recreation Center Fees:

Current January 1, 2010

	<i>Hurst Residents</i>	<i>Non-Hurst Residents</i>
Daily Pass	\$2.00	\$10.00
Annual Pass <i>Youth (6 – 15 years)</i>	\$20.00 per year	\$80.00 per year
Annual Pass <i>Adult (16 – 64 years)</i>	\$50.00 per year	\$200.00 per year
Annual Pass <i>Senior (65+ years)</i>	\$20.00 per year	\$80.00 per year
Annual Family Pass	\$125.00 per year	N/A
Replacement Card Fee	\$5.00	\$5.00

**How do I
know I am a
Hurst resident?**
*Residency is defined by:
living within the Hurst city
limits, receiving a water
bill from the City of Hurst
and paying property taxes
to the City of Hurst.*

See
**Page
40** for
registration
information

Recreation Center Information:

700 Mary Drive: 817.788.7325

Hours of Operation:

Monday-Thursday	6:30 AM – 10:00 PM
Friday	6:30 AM – 6:00 PM
Saturday	9:00 AM – 6:00 PM
Sunday	1:00 PM – 6:00 PM

Healthy Hurst:

Healthy Hurst Online Wellness Program Information

Healthy Hurst is the City of Hurst's community-wide wellness initiative. With the use of the information and links that are available on the City of Hurst's Healthy Hurst webpage, participants can increase their health, wellness, and fitness.

Healthy Hurst is a FREE program, and all participants receive a Healthy Hurst t-shirt at the time of registration. Participants are also encouraged to register for the various FREE events that will be offered throughout the year as part of the Healthy Hurst Program.

The Healthy Hurst program is open to all Hurst residents, as well as non-residents who have purchased a Hurst Recreation Center Annual Pass. Incentive awards are also available to all participants as they track and log their fitness activities!

Healthy Hurst has a myriad of tips and information on nutrition, fitness, wellness, and health. Give it a try today! Let Healthy Hurst help you get started toward your wellness, health, and fitness goals! For more information on the Healthy Hurst program, contact the Hurst Recreation Center at 817.788-7325.

Special Events:

Daddy & Daughter Valentine's Ball

Sunday, February 13

3:00-5:00 PM

Hurst Recreation Center, 700 Mary Drive
Tickets are \$15 per couple and \$8 per additional daughter.

Tickets go on sale January 3, 2011, 8:00 a.m. at the Hurst Recreation Center's Administrative Office.

For more information, call 817-788-7320.



Trout Stockings at Chisholm Park

Stocking Schedule (weeks to be stocked):

November 29 - Dec 3

December 13 - 17

December 27 - 31

January 10 - 14

January 24 - 28

February 7 - 11

February 21 - 25

March 7 - 11

Adult Softball Spring League Registration

Returning Teams:

(Teams playing in Hurst in 2010)

January 31-February 1

Monday, Wednesday and Friday from 8:00 AM-5:00 PM

and Tuesday and Thursday from 8:00 AM.-6:00 PM

Hurst Recreation Center (700 Mary Drive)

Open Registration:

February 2-18

Monday, Wednesday and Friday from 8:00 AM-5:00 PM

and Tuesday and Thursday from 8:00 AM.-6:00 PM

Hurst Recreation Center (700 Mary Drive)

Entry Fee:

\$350 for a 10 game season (With City Playoffs)

League Nights:

Monday - Friday

League Schedules:

Available February 23

Season Begins:

Monday, February 28

**For more information,
call 817.788.7320.**

Adult Basketball Spring League Registration

Registration:

Monday thru Friday, January 3-14

Monday, Wednesday, and Friday from 8:00 AM - 5:00 PM

and Tuesday and Thursday from 8:00 AM - 6:00 PM

Hurst Recreation Center (700 Mary Drive)

Entry Fee:

\$265 for a 7 game season (With Playoffs for teams who qualify)

League Nights:

Tuesday

League Schedules:

Available January 19

Season Begins:

Tuesday, January 25

**For more information,
call 817.788.7320.**

Youth Sports Associations:

Hurst Girls Softball League

(HGSL) 817.209.5409

www.eteamz.com/hurstgsl

hurstgirlssoftball@yahoo.com

Mid-Cities Basketball Assn.

(MCBA) 817.354.6208

www.midcitiesbasketball.org

Mid-Cities PeeWee Football

& Cheerleading Assn.

817.282.2390

www.midcitiespeeveefootball.org

Tri-Cities Baseball Assn.

(TCBA) 817.285.0200

www.tcbabasketball.com

Hurst United Soccer Assn.

(HUSA) 817.282.8680

www.hurstunitedsoccer.com

Hurst Tennis Center

701 Mary Drive

817.788.7330

Welcome to the Hurst Tennis Center

*"Home of the
Team Hurst
Junior Development
Program"*

Junior Tennis

Pee Wee Tennis (Ages 6 & under)

Introduction to the game of tennis. Emphasis is placed on motor skills in a fun learning environment. Kids will learn basic strokes and play lots of fun games. Ages 6 and under.

Instructor: Austin Wynne, USPTA and Staff

Times: 4:30-5:00 PM

Price: \$26 + one new, unopened can of tennis balls
Days: Thursday

82601-A	Begins 1/6	4 weeks
82601-B	Begins 2/3	4 weeks

*Please remember
to bring a can
of new, unopened
tennis balls
to your first class.*

Jr. Beginner Tennis (Ages 7 & up)

A fun class for beginners. Learn the forehand, backhand, serve and volley. Kids will play plenty of fun games.

Instructor: Austin Wynne, USPTA and Staff

Times: 5:00-6:30 PM

Price: \$68 + one new, unopened can of tennis balls

Days: Thursday

82502-A	Begins 1/6	4 weeks
82502-B	Begins 2/3	4 weeks

Advanced Beginner/Intermediate Tennis (Ages 11 and up)

For Junior High players getting ready for the next step toward playing Varsity tennis. Singles and doubles strategy and plenty of drills, techniques and tactics.

Instructor: Austin Wynne, USPTA, and Staff

Times: 5:00-6:30 PM

Price: \$68 + one new, unopened can of tennis balls

Days: Thursday

82504-A	Begins 1/6	4 weeks
82504-B	Begins 2/3	4 weeks

Adult Programs

Adult Beginner/Advanced Beginner Clinic

Just for adults! Learn basic strokes, scoring and strategy. Bring one can of new unopened balls to first class.

Instructor: Kelly Langdon, USPTA and Austin Wynne, USPTA

Times: 7:00-8:30 PM

Price: \$68 + one new, unopened can of tennis balls
Days: Tuesday

82505-A	Begins 1/4	4 weeks
82505-B	Begins 2/1	4 weeks

Adult Intermediate Clinic

This class is for adults who want to build on existing skills. You'll practice all shots and learn techniques and tactics.

Instructor: Kelly Langdon, USPTA and Austin Wynne, USPTA

Times: 7:00-8:30 PM

Price: \$68 + one new, unopened can of tennis balls
Days: Tuesday

82506-A	Begins 1/4	4 weeks
82506-B	Begins 2/1	4 weeks

Men's Open 4.0 Clinic

Meets each Thursday for men rated 4.0 or higher. Learn techniques and strategy. Must register three days in advance. Minimum of four participants.

Instructor: Kelly Langdon, USPTA and staff

Times: 7:00-8:30 PM

Price: \$12

Days: Thursday

88444-A	Begins 2/3	weekly
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Attention Tennis Players!

Those looking for a steady practice partner can rent the Hurst Tennis Center's Prince ball machine. It's available for rent seven days a week. The cost is \$10 per hour or \$6 for 30 minutes (tennis balls included). Due to court availability, please reserve the ball machine at least three days in advance.

How about a Private Lesson?

The HTC Staff offers private lessons for those wanting more one-on-one accelerated learning.

Lessons with City of Hurst Tennis Professionals:

Hurst Tennis Specialist, **Kelly Langdon**, USPTA, or Tennis Center Coordinator, **Mike Campo**, USPTA

\$50 per hour
\$26 per half hour
\$172 per series of 4 lessons

Lessons with Tennis Instructors:

Sam Elliott, USPTA, **Greg Smith**, **Jason Brown**, USPTA, and **Austin Wynne**, USPTA

\$49 per hour
\$25 per half hour
\$172 per series of 4 lessons

The Tennis Center Staff also offers:

Private and group lessons. \$80 for 90 minute group lessons for league teams.

Services and Facilities:

- Lessons for all ages & abilities
- 10 lighted outdoor courts
- USRSA Racquet Stringers
- Prince Ball Machine
- USPTA-Certified Instructors Available
- USTA Adult Leagues

Winter Operating Hours:

Monday – Thursday 8:00 AM – 9:00 PM
Friday 8:00 AM – 6:00 PM
Saturday – Sunday 9:00 AM – 6:00 PM

Tennis Center Coordinator – Mike Campo, USPTA

Tennis Specialist – Kelly Langdon, USPTA

Tennis Attendants – Corey Doss, Travis Kim, Chris Ballard, Charlie Crosswait and Jared Jordan

Tennis Instructors – Jason Brown, USPTA, Greg Smith, Sam Elliott, USPTA and Austin Wynne, USPTA

Please bring one can of new, unopened, tennis balls to your first day of class.

Court Fees

(90 minutes)

\$1 Hurst Residents

(with proof of Hurst residency)

\$2 Non-Residents

Racquet Stringing

The Tennis Center has a large choice of string and accessories for your racquet needs. We offer fast service and have three United States Racquet Stringer's Association certified stringers on staff.

Upcoming Tournaments

Mid-Cities Junior Circuit

(TBA)

Do you want to practice your serve or hit a few with a friend?

**CALL
817.788.7330**

for a court reservation.

Winter Adult Leagues begin

***Jan. 5
must register by
September 16***

***cost is
\$25/person***

Registration Easy-Options!

Walk-in registration beginning on Monday, December 6, is open only to those participants who are Hurst residents. Participants who reside in Fort Worth, North Richland Hills, and Euless, whose mail is delivered to a Hurst "address," are not eligible to register until December 13 at 7:00 AM. Residency is defined by: living within the Hurst city limits, receiving a water bill from the City of Hurst and paying property taxes to the City of Hurst. Out of fairness to all citizens of our community, you may only register the members of your household.

Classes begin the week of January 10. (Unless otherwise indicated.)

Walk-In Class Registration Times

(after initial registration days)

Monday-Thursday 7:00 AM-9:00 PM

Friday 7:00 AM-5:00 PM

Saturday 9:30 AM-5:00 PM

Sunday 1:30 PM-5:00 PM

Classes begin
the week of

**Jan.
10**

Hurst Residents:

Mail-in (check or credit card payment), fax (credit card payment), online (credit card payment), and walk-in (cash, check or credit card payment) **registration for Recreation Classes begins December 6 at 7:00 AM.**

Non-Residents:

Fax (credit card payment), online (credit card payment), and walk-in (cash, check or credit card payment) **registration for Recreation Classes begin December 13 at 7:00 AM.**

Sign up to Register Online:

That's right, you can save time and register your entire family on-line! To get started, you will need to visit the Hurst Recreation Center to activate your account. If you are a Hurst resident, you will need to bring your **Hurst Water Bill, Hurst property tax statement, or Hurst apartment lease, and your photo ID** as proof of Hurst residency to receive the Hurst resident rates. Once you have activated your account and received your user name and password, you will be able to use our on-line registration feature.

You do not have to wait until your appropriate registration date to activate your account and receive your user name and password. Go ahead and do it the next time you are at the Recreation Center for your current class or working out. Then you will be ready to register on-line the day registration starts!

Confirmation:

When you register by mail-in or fax, you will receive a confirmation notice through the postal mail. You will be notified if the designated classes are not available. If the class is not available, you may select a second choice. If you register on-line, you may print a copy of your receipt.

Supply List and Fees:

Some of our classes require a supply list. These classes are noted in the brochure. You will receive a supply list when you register. For those mailed, a list will be included with your confirmation letter. **Supplies should not be purchased prior to the Friday before the class starts in case of cancellation.**

Refund Policy:

When you sign up for one of our classes, we depend on your participation for a successful class. If you have an unforeseen circumstance and cannot attend your class, we will gladly refund your fee with 72 hours notice prior to the class start date. Thank you for your cooperation.

Weather Policy:

In case of inclement weather, the Hurst Recreation Center will not conduct any classes if the H-E-B Independent School District cancels their classes for the day.

Parks and Recreation Board

Chairman: Alan Neace

Vice Chairman: Rod Robertson

Carol Cole

Ralph Hurd

Howard Shotwell

Hank Williams

Delbert Derrett

Pat King

Estelle Teague

Recreation Staff

Recreation Director: Doug Kratz

Recreation Managers: Kim Mesa, Doug McDaniel,
and Chris Watson

Recreation Center Supervisor: Mary Singleton

Recreation Specialist: Courtney Barnard

Senior Secretary: Jeanne Coons

Winter 2011 Class Registration Form



Head of Household Home Phone Work Phone E-mail Address

Street Address Apt# City State/Zip

Participant's Name	Date of Birth	Gender	Class #	Fee	
1.					
2.					
3.					
4.					
5.					
			Sub-Total	\$	
Non-Resident Fee of \$2 per class	_____ x \$2 (# of classes)		= \$ _____	+ Sub-Total of \$ _____ =	Total Due \$ _____

Payment Method:

_____ Check #
 _____ Credit Card
 _____ Cash/Money



Order

Credit Card Payment Authorization:

_____ Visa _____ Mastercard _____ Discover _____ American Express

_____ - _____ - _____ - _____

Expiration Date

____ / ____

month year

Checks Payable to :
City of Hurst

Mail to:
Hurst Parks and Recreation
Class Registration
700 Mary Drive
Hurst, Texas 76053

Fax to:
817-282-7081

For the valuable consideration of being allowed to participate in the City of Hurst Parks and Recreation Department's program or use the City's facilities or equipment, I recognize and acknowledge the risk of physical injury and agree to assume the full risk of any injuries, including death or damages, that may result from any injury sustained while participating in activities related to the program or from using the City's facilities or equipment. I DO FULLY RELEASE, INDEMNIFY, AND HOLD HARMLESS, THE CITY, ITS EMPLOYEES AND OFFICERS FROM THEIR OWN NEGLIGENCE FOR FAILURE TO PROPERLY DESIGN, INSPECT, OR MAINTAIN THE EQUIPMENT, OR SUPERVISE THE ACTIVITIES TO BE ENGAGED IN OR EQUIPMENT TO BE USED BY THE UNDERSIGNED AND FOR ANY ACTS OF THIRD PARTIES. The City does not provide any medical or other insurance protection or benefits for those who use the recreational equipment or engage in activities on City Premises.

BY SIGNING THIS RELEASE, I ACCEPT ALL RESPONSIBILITY FOR INJURIES WHICH MAY BE INCURRED.

SIGNATURE OF PARTICIPANT/USER

SIGNATURE OF PARENT/GUARDIAN IF USER IS UNDER 18

DATE

The City of Hurst is proud to be an agency member of the following organizations:

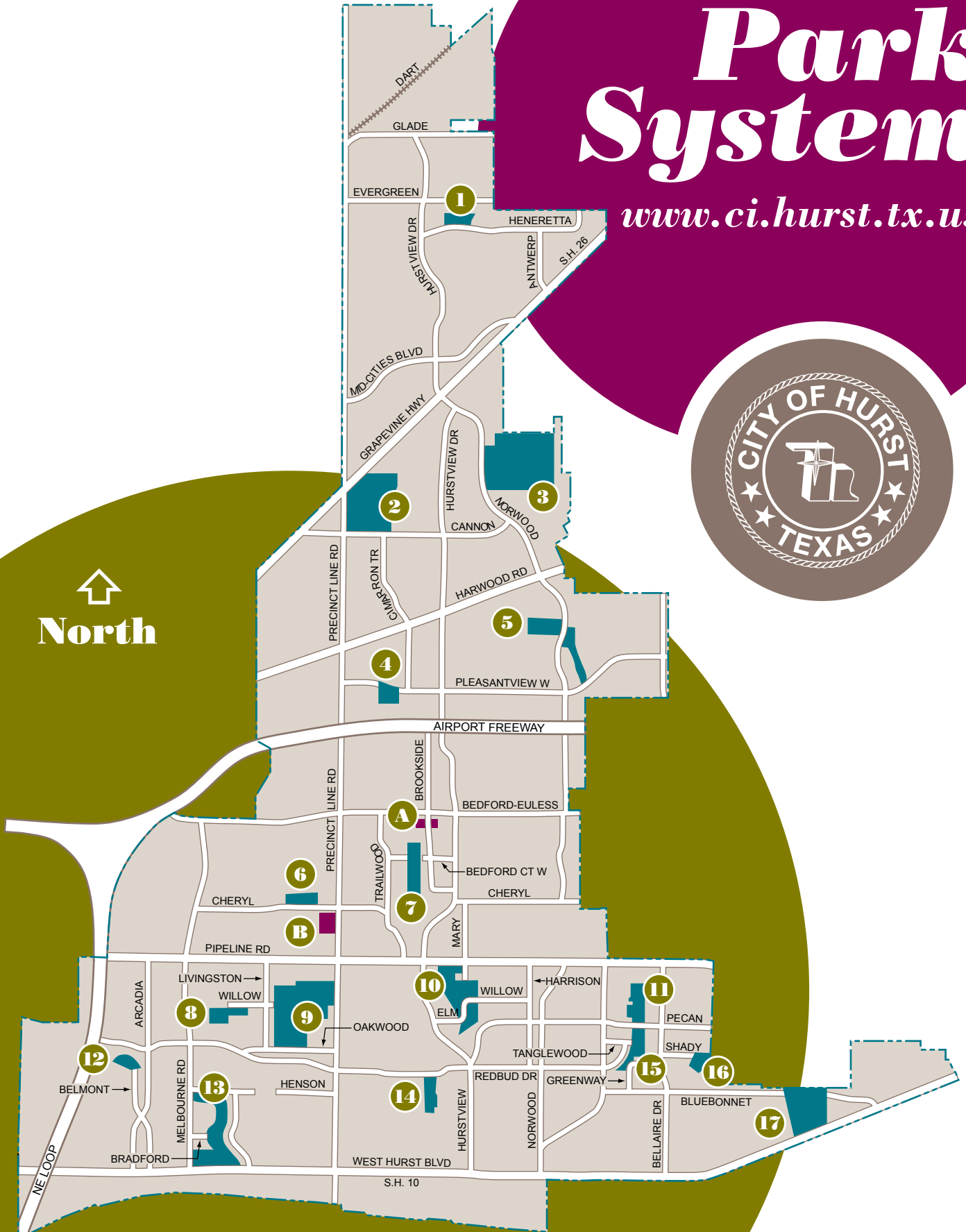


Park System

www.ci.hurst.tx.us



North



Parks

1 ECHO HILLS PARK

500 Heneretta (7.1 Acres)

- Pavilion
- Playground
- Jogging/Walking Trail System (1/3 mile)
- Picnic Tables
- Youth Athletic Practice Fields (Unlighted)
- Pet Water Fountain

2 HURST ATHLETIC COMPLEX

2104 Precinct Line Road (42.2 Acres)

- 4 Adult Softball Fields (Lighted)
- 6 Youth Soccer Fields (Lighted)
- 4 Youth Soccer Fields (Unlighted)
- Playground
- 3 Group Shelters
- 2 Concession/Restroom Buildings

3 CHISHOLM PARK

2200 Norwood (50 Acres)

- Aquatics Center
- 4 Youth Softball Fields (Lighted)
- 2 Playgrounds
- 3 Pavilions
- Pond with Fishing Island
- Picnic Tables
- Jogging/Walking Trail System (1.5 miles)
- Fitness Course
- Group Shelter
- Concession/Restroom Building
- 2 Basketball Courts (Lighted)
- 4 Pet Water Fountains

4 SMITH-BARFIELD PARK

640 Pleasantview (6.9 Acres)

- Youth Baseball/Softball Field (Lighted)
- 2 Tennis Courts (Lighted)
- Youth Athletic Practice Field (Unlighted)
- Playground
- Pavilion
- Picnic Tables
- Restrooms
- 2 Pet Water Fountains

5 MAYFAIR PARK

1725 Norwood (14.4 Acres)

- Pavilion
- Playground
- Jogging/Walking Trail System (1/4 mile)
- Pet Water Fountain
- Youth Athletic Fields (Unlighted)

6 WINDMILL PARK

840 Cheryl (2 Acres)

- Historical Marker

7 VALENTINE PARK

610 Bedford Court West (4 Acres)

- Youth Athletic Practice Field (Unlighted)

8 HURST HILLS PARK

575 Billie Ruth (4 Acres)

9 HURST COMMUNITY PARK

601 Precinct Line Road (44.9 Acres)

- 4 Youth Baseball Fields (Lighted)
- 2 Youth Soccer Fields (Lighted)
- 2 Sand Volleyball Courts (Lighted)
- Pavilion
- 2 Playgrounds
- Multi-Use Trail System (1 mile)
- Picnic Tables
- Wooded Natural Area
- Open Field Play Area
- Concession/Restroom Building
- 2 Group Shelters
- 2 Pet Water Fountains

10 CENTRAL PARK

700 block of Mary Drive (17.5 Acres)

- Recreation Center
- Aquatics Center
- Tennis Center (10 Lighted Courts)
- 2 Pavilions
- Playground
- Picnic Tables
- 2 Outdoor Basketball Courts (Lighted)
- Pet Water Fountain

11 VIVAGENE COPELAND PARK

501 Pecan Drive (5.2 Acres)

- Pavilion
- Playground
- Multi-Use Trail System (1/3 mile)
- Open Field Play Area
- 3 Outdoor Basketball Courts (Lighted)
- Pet Water Fountain

12 JAYCEE BAKER PARK

500 Belmont (4.1 Acres)

- Playground
- Picnic Tables
- Restrooms
- Youth Athletic Practice Fields (Unlighted)
- Pet Water Fountain

13 BILLY CREEK PARK

14 REDBUD PARK

525 Redbud Drive (7.2 Acres)

- Soccer Field (Unlighted)
- Playground
- Jogging/Walking Trail System (1/3 mile)
- Picnic Tables
- Fitness Course
- Pavilion
- Pet Water Fountain

15 BELLAIRE PARK

500 Pecan Drive (6.4 Acres)

- Playground
- Youth Baseball/Softball Field (Lighted)
- Jogging/Walking Trail System (1/3 mile)
- Pet Water Fountain

16 WAN-KA-KANI PARK

748 Shadylane (4.1 Acres)

- Picnic Tables

17 RICKEL PARK

1001 Bluebonnet (29 Acres)

- 2 Pavilions
- Picnic Tables
- Nature Trails
- Scenic Overlook
- Winding Stream with 2 Bridges
- Jogging/Walking Trail System (1/2 mile)
- 2 Pet Water Fountains
- Playground

Facilities

A BROOKSIDE CENTER

B HURST LIBRARY

Park Pavilions

listed are available for rental for \$35 per day. If electrical power is needed during the rental, a \$50 REFUNDABLE electrical key deposit is due at the time of reservation.

For more information, call

817.788.7320



CITY OF HURST

1505 Precinct Line Road
Hurst, Texas 76054

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